

USDA National Nutrient Database for Standard ReferenceRelease 28

Nutrients: Methionine (g)

Food Subset: All Foods
Ordered by: Food Name
Measured by: Household
Report Run at: September 30, 2016 07:43 EDT

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
14006	Alcoholic beverage, beer, light	29.5	1.0 fl oz	0.000
14003	Alcoholic beverage, beer, regular, all	29.7	1.0 fl oz	0.000
14034	Alcoholic beverage, creme de menthe, 72 proof	33.6	1.0 fl oz	0.000
14533	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 100 proof	27.8	1.0 fl oz	0.000
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	27.8	1.0 fl oz	0.000
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	27.8	1.0 fl oz	0.000
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	27.8	1.0 fl oz	0.000
14532	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 94 proof	27.8	1.0 fl oz	0.000
14049	Alcoholic beverage, distilled, gin, 90 proof	27.8	1.0 fl oz	0.000
14050	Alcoholic beverage, distilled, rum, 80 proof	27.8	1.0 fl oz	0.000
14051	Alcoholic beverage, distilled, vodka, 80 proof	27.8	1.0 fl oz	0.000
14415	Alcoholic beverage, liqueur, coffee with cream, 34 proof	31.1	1.0 fl oz	0.022
20001	Amaranth grain, uncooked	193.0	1.0 cup	0.436
11700	Amaranth leaves, cooked, boiled, drained, with salt	132.0	1.0 cup	0.041
11004	Amaranth leaves, cooked, boiled, drained, without salt	132.0	1.0 cup	0.041
11003	Amaranth leaves, raw	28.0	1.0 cup	0.010
36000	APPLEBEE'S, 9 oz house sirloin steak	157.0	1.0 serving	1.017
36023	APPLEBEE'S, chicken tenders platter	209.0	1.0 serving	1.093
36005	APPLEBEE'S, chicken tenders, from kids' menu	35.0	1.0 piece	0.170
36019	APPLEBEE'S, chili	136.0	1.0 cup	0.378
36021	APPLEBEE'S, coleslaw	76.0	1.0 serving	0.006
36022	APPLEBEE'S, crunchy onion rings	350.0	1.0 serving	0.220
36001	APPLEBEE'S, Double Crunch Shrimp	206.0	1.0 serving	0.581
36018	APPLEBEE'S, fish, hand battered	250.0	1.0 serving	1.035
36003	APPLEBEE'S, KRAFT, Macaroni & Cheese, from kid's menu	124.0	1.0 cup	0.143
36004	APPLEBEE'S, mozzarella sticks	32.0	1.0 piece	0.145
09008	Apples, canned, sweetened, sliced, drained, heated	204.0	1.0 cup slices	0.004
09007	Apples, canned, sweetened, sliced, drained, unheated	204.0	1.0 cup slices	0.004
09010	Apples, dehydrated (low moisture), sulfured, stewed	193.0	1.0 cup	0.006

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
09009	Apples, dehydrated (low moisture), sulfured, uncooked	60.0	1.0 cup	0.008
09013	Apples, dried, sulfured, stewed, with added sugar	280.0	1.0 cup	0.006
09012	Apples, dried, sulfured, stewed, without added sugar	255.0	1.0 cup	0.005
09011	Apples, dried, sulfured, uncooked	86.0	1.0 cup	0.008
09015	Apples, frozen, unsweetened, heated	206.0	1.0 cup slices	0.006
09014	Apples, frozen, unsweetened, unheated	173.0	1.0 cup slices	0.005
09501	Apples, raw, golden delicious, with skin	109.0	1.0 cup, sliced	0.001
09500	Apples, raw, red delicious, with skin	109.0	1.0 cup, sliced	0.001
09003	Apples, raw, with skin	125.0	1.0 cup, quartered or chopped	0.001
09004	Apples, raw, without skin	110.0	1.0 cup slices	0.001
09006	Apples, raw, without skin, cooked, microwave	170.0	1.0 cup slices	0.005
09402	Applesauce, canned, sweetened, with salt	255.0	1.0 cup	0.005
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	246.0	1.0 cup	0.005
09401	Applesauce, canned, unsweetened, with added ascorbic acid	244.0	1.0 cup	0.005
09019	Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	244.0	1.0 cup	0.005
09029	Apricots, canned, extra heavy syrup pack, without skin, solids and liquids	246.0	1.0 cup, whole, without pits	0.007
09025	Apricots, canned, extra light syrup pack, with skin, solids and liquids	247.0	1.0 cup, halves	0.007
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258.0	1.0 cup, halves	0.008
09028	Apricots, canned, heavy syrup pack, without skin, solids and liquids	258.0	1.0 cup, whole, without pits	0.008
09024	Apricots, canned, juice pack, with skin, solids and liquids	244.0	1.0 cup, halves	0.007
09026	Apricots, canned, light syrup pack, with skin, solids and liquids	253.0	1.0 cup, halves	0.008
09022	Apricots, canned, water pack, with skin, solids and liquids	243.0	1.0 cup, halves	0.010
09023	Apricots, canned, water pack, without skin, solids and liquids	227.0	1.0 cup, whole, without pits	0.007
09031	Apricots, dehydrated (low-moisture), sulfured, stewed	249.0	1.0 cup	0.025
09030	Apricots, dehydrated (low-moisture), sulfured, uncooked	119.0	1.0 cup	0.029
09034	Apricots, dried, sulfured, stewed, with added sugar	270.0	1.0 cup, halves	0.016
09033	Apricots, dried, sulfured, stewed, without added sugar	250.0	1.0 cup, halves	0.012
09032	Apricots, dried, sulfured, uncooked	130.0	1.0 cup, halves	0.020
09035	Apricots, frozen, sweetened	242.0	1.0 cup	0.007
09021	Apricots, raw	155.0	1.0 cup, halves	0.009
20003	Arrowroot flour	128.0	1.0 cup	0.008
11015	Asparagus, canned, drained solids	242.0	1.0 cup	0.051
11707	Asparagus, canned, no salt added, solids and liquids	122.0	0.5 cup	0.021
11013	Asparagus, canned, regular pack, solids and liquids	122.0	0.5 cup	0.021
11012	Asparagus, cooked, boiled, drained	90.0	0.5 cup	0.031
11705	Asparagus, cooked, boiled, drained, with salt	90.0	0.5 cup	0.031

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
11709	Asparagus, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	0.050
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	0.050
11018	Asparagus, frozen, unprepared	58.0	4.0 spears	0.018
11011	Asparagus, raw	134.0	1.0 cup	0.042
09037	Avocados, raw, all commercial varieties	150.0	1.0 cup, cubes	0.057
09038	Avocados, raw, California	230.0	1.0 cup, pureed	0.085
09039	Avocados, raw, Florida	230.0	1.0 cup, pureed	0.097
03997	Babyfood, Baby MUM MUM Rice Biscuits	8.0	4.0 biscuit	0.010
03995	Babyfood, banana with mixed berries, strained	99.0	1.0 packet	0.006
03301	Babyfood, beverage, GERBER GRADUATE FRUIT SPLASHERS	113.0	4.0 oz	0.000
03681	Babyfood, cereal, barley, prepared with whole milk	28.35	1.0 oz	0.024
03682	Babyfood, cereal, high protein, prepared with whole milk	28.35	1.0 oz	0.048
03185	Babyfood, cereal, mixed, dry fortified	2.5	1.0 tbsp	0.006
03685	Babyfood, cereal, mixed, prepared with whole milk	28.35	1.0 oz	0.026
03188	Babyfood, cereal, mixed, with applesauce and bananas, junior, fortified	28.35	1.0 oz	0.007
03187	Babyfood, cereal, mixed, with applesauce and bananas, strained	28.35	1.0 oz	0.007
03186	Babyfood, cereal, mixed, with bananas, dry	2.5	1.0 tbsp	0.005
03686	Babyfood, cereal, mixed, with bananas, prepared with whole milk	28.35	1.0 oz	0.025
03689	Babyfood, cereal, oatmeal, prepared with whole milk	28.35	1.0 oz	0.032
03192	Babyfood, cereal, oatmeal, with applesauce and bananas, junior, fortified	28.35	1.0 oz	0.009
03191	Babyfood, cereal, oatmeal, with applesauce and bananas, strained	28.35	1.0 oz	0.009
03190	Babyfood, cereal, oatmeal, with bananas, dry	15.0	1.0 serving	0.040
03690	Babyfood, cereal, oatmeal, with bananas, prepared with whole milk	28.35	1.0 oz	0.025
03194	Babyfood, cereal, Rice, dry, fortified	2.5	1.0 tbsp	0.005
03694	Babyfood, cereal, rice, prepared with whole milk	28.35	1.0 oz	0.023
03195	Babyfood, cereal, rice, with applesauce and bananas, strained	16.0	1.0 tbsp	0.003
03212	Babyfood, cereal, rice, with bananas, dry	2.5	1.0 tbsp	0.006
03712	Babyfood, cereal, rice, with bananas, prepared with whole milk	28.35	1.0 oz	0.024
03198	Babyfood, cereal, with egg yolks, junior	28.35	1.0 oz	0.014
03197	Babyfood, cereal, with egg yolks, strained	28.35	1.0 oz	0.014
03934	Babyfood, corn and sweet potatoes, strained	28.35	1.0 oz	0.009
03245	Babyfood, dessert, custard pudding, vanilla, strained	229.0	1.0 cup	0.105
03221	Babyfood, dessert, dutch apple, junior	28.35	1.0 oz	0.001
03226	Babyfood, dessert, fruit pudding, orange, strained	28.35	1.0 oz	0.004
03049	Babyfood, dinner, beef and rice, toddler	28.35	1.0 oz	0.035
03043	Babyfood, dinner, beef lasagna, toddler	28.35	1.0 oz	0.023

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
03287	Babyfood, dinner, beef noodle, junior	16.0	1.0 tbsp	0.008
03052	Babyfood, dinner, beef stew, toddler	28.35	1.0 oz	0.040
03072	Babyfood, dinner, chicken stew, toddler	16.0	1.0 tbsp	0.018
03090	Babyfood, dinner, macaroni and cheese, junior	28.35	1.0 oz	0.026
03045	Babyfood, dinner, macaroni and tomato and beef, junior	16.0	1.0 tbsp	0.006
03304	Babyfood, dinner, potatoes with cheese and ham, toddler	28.35	1.0 oz	0.020
03051	Babyfood, dinner, spaghetti and tomato and meat, toddler	28.35	1.0 oz	0.029
03054	Babyfood, dinner, vegetables and beef, junior	256.0	1.0 cup	0.133
03053	Babyfood, dinner, vegetables and beef, strained	256.0	1.0 cup	0.156
03067	Babyfood, dinner, vegetables and lamb, junior	28.35	1.0 oz	0.009
03066	Babyfood, dinner, vegetables and lamb, strained	256.0	1.0 cup	0.113
03994	Babyfood, fruit, banana and strawberry, junior	140.0	1.0 bottle	0.013
03001	Babyfood, juice treats, fruit medley, toddler	28.0	1.0 packet	0.000
03959	Babyfood, mashed cheddar potatoes and broccoli, toddlers	170.0	1.0 container	0.036
03014	Babyfood, meat, chicken sticks, junior	10.0	1.0 stick	0.032
03013	Babyfood, meat, chicken, junior	15.0	1.0 tbsp	0.059
03012	Babyfood, meat, chicken, strained	15.0	1.0 tbsp	0.055
03009	Babyfood, meat, ham, junior	28.35	1.0 oz	0.109
03008	Babyfood, meat, ham, strained	15.0	1.0 tbsp	0.053
03011	Babyfood, meat, lamb, junior	28.35	1.0 oz	0.135
03021	Babyfood, meat, meat sticks, junior	10.0	1.0 stick	0.031
03007	Babyfood, meat, pork, strained	28.35	1.0 oz	0.113
03017	Babyfood, meat, turkey sticks, junior	10.0	1.0 stick	0.030
03015	Babyfood, meat, turkey, strained	15.0	1.0 tbsp	0.066
03019	Babyfood, snack, GERBER GRADUATE FRUIT STRIPS, Real Fruit Bars	9.9	1.0 bar	0.000
03302	Babyfood, snack, GERBER, GRADUATES, YOGURT MELTS	7.0	1.0 serving	0.022
03098	Babyfood, vegetables, beets, strained	224.0	1.0 cup	0.022
03100	Babyfood, vegetables, carrots, junior	224.0	1.0 cup	0.020
03099	Babyfood, vegetables, carrots, strained	224.0	1.0 cup	0.020
03120	Babyfood, vegetables, corn, creamed, junior	240.0	1.0 cup	0.096
03119	Babyfood, vegetables, corn, creamed, strained	113.0	1.0 jar	0.045
03283	Babyfood, vegetables, garden vegetable, strained	28.35	1.0 oz	0.012
03092	Babyfood, vegetables, green beans, junior	240.0	1.0 cup	0.043
03091	Babyfood, vegetables, green beans, strained	240.0	1.0 cup	0.046
03282	Babyfood, vegetables, mix vegetables junior	99.0	1.0 serving 3.5 oz serving	0.021
03286	Babyfood, vegetables, mix vegetables strained	28.35	1.0 oz	0.005

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
03127	Babyfood, vegetables, spinach, creamed, strained	240.0	1.0 cup	0.132
03108	Babyfood, vegetables, sweet potatoes strained	224.0	1.0 cup	0.054
03109	Babyfood, vegetables, sweet potatoes, junior	224.0	1.0 cup	0.052
07921	Bacon and beef sticks	28.0	1.0 oz	0.166
16104	Bacon, meatless	144.0	1.0 cup	0.210
10994	Bacon, pre-sliced, reduced/low sodium, unprepared	26.0	1.0 slice	0.089
07974	Bacon, turkey, low sodium	15.0	1.0 serving	0.070
18005	Bagels, cinnamon-raisin	26.0	1.0 mini bagel (2-1/2" dia)	0.047
18006	Bagels, cinnamon-raisin, toasted	24.0	1.0 mini bagel (2-1/2" dia)	0.046
18003	Bagels, egg	28.35	1.0 oz	0.054
18007	Bagels, oat bran	26.0	1.0 mini bagel (2-1/2" dia)	0.049
18002	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame), toasted	24.0	1.0 mini bagel (2-1/2" dia)	0.050
18406	Bagels, plain, enriched, without calcium propionate (includes onion, poppy, sesame)	28.35	1.0 oz	0.053
18407	Bagels, plain, unenriched, with calcium propionate (includes onion, poppy, sesame)	28.35	1.0 oz	0.053
18408	Bagels, plain, unenriched, without calcium propionate(includes onion, poppy, sesame)	28.35	1.0 oz	0.053
19077	Baking chocolate, unsweetened, liquid	28.35	1.0 oz	0.035
19078	Baking chocolate, unsweetened, squares	29.0	1.0 oz square Bakers	0.041
11028	Bamboo shoots, canned, drained solids	131.0	1.0 cup (1/8" slices)	0.026
11712	Bamboo shoots, cooked, boiled, drained, with salt	120.0	1.0 cup (1/2" slices)	0.020
11027	Bamboo shoots, cooked, boiled, drained, without salt	120.0	1.0 cup (1/2" slices)	0.020
11026	Bamboo shoots, raw	151.0	1.0 cup (1/2" slices)	0.045
09041	Bananas, dehydrated, or banana powder	100.0	1.0 cup	0.074
09040	Bananas, raw	225.0	1.0 cup, mashed	0.018
07001	Barbecue loaf, pork, beef	28.35	1.0 oz	0.112
20130	Barley flour or meal	148.0	1.0 cup	0.299
20131	Barley malt flour	162.0	1.0 cup	0.476
20004	Barley, hulled	184.0	1.0 cup	0.442
20006	Barley, pearled, cooked	157.0	1.0 cup	0.068
20005	Barley, pearled, raw	200.0	1.0 cup	0.380
02044	Basil, fresh	2.5	5.0 leaves	0.001
16302	Beans, adzuki, mature seed, cooked, boiled, with salt	230.0	1.0 cup	0.182
16003	Beans, adzuki, mature seeds, canned, sweetened	296.0	1.0 cup	0.118
16002	Beans, adzuki, mature seeds, cooked, boiled, without salt	230.0	1.0 cup	0.182
16001	Beans, adzuki, mature seeds, raw	197.0	1.0 cup	0.414
16006	Beans, baked, canned, plain or vegetarian	254.0	1.0 cup	0.119
16007	Beans, baked, canned, with beef	266.0	1.0 cup	0.277

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
16008	Beans, baked, canned, with franks	259.0	1.0 cup	0.272
16009	Beans, baked, canned, with pork	253.0	1.0 cup	0.202
16010	Beans, baked, canned, with pork and sweet sauce	249.0	1.0 cup	0.125
16011	Beans, baked, canned, with pork and tomato sauce	246.0	1.0 cup	0.098
16005	Beans, baked, home prepared	253.0	1.0 cup	0.218
16018	Beans, black turtle, mature seeds, canned	240.0	1.0 cup	0.190
16317	Beans, black turtle, mature seeds, cooked, boiled, with salt	185.0	1.0 cup	0.228
16017	Beans, black turtle, mature seeds, cooked, boiled, without salt	185.0	1.0 cup	0.228
16016	Beans, black turtle, mature seeds, raw	184.0	1.0 cup	0.589
16316	Beans, black, mature seeds, canned, low sodium	240.0	1.0 cup	0.190
16315	Beans, black, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	0.229
16015	Beans, black, mature seeds, cooked, boiled, without salt	172.0	1.0 cup	0.229
16014	Beans, black, mature seeds, raw	194.0	1.0 cup	0.631
16021	Beans, cranberry (roman), mature seeds, canned	260.0	1.0 cup	0.216
16320	Beans, cranberry (roman), mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.248
16020	Beans, cranberry (roman), mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.248
16019	Beans, cranberry (roman), mature seeds, raw	195.0	1.0 cup	0.675
16323	Beans, french, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.188
16023	Beans, french, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.188
16022	Beans, french, mature seeds, raw	184.0	1.0 cup	0.521
16026	Beans, great northern, mature seeds, canned	262.0	1.0 cup	0.252
16326	Beans, great northern, mature seeds, canned, low sodium	262.0	1.0 cup	0.252
16325	Beans, great northern, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.221
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.221
16024	Beans, great northern, mature seeds, raw	183.0	1.0 cup	0.602
16029	Beans, kidney, all types, mature seeds, canned	256.0	1.0 cup	0.174
16328	Beans, kidney, all types, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.230
16028	Beans, kidney, all types, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.200
16027	Beans, kidney, all types, mature seeds, raw	184.0	1.0 cup	0.653
16331	Beans, kidney, california red, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.242
16031	Beans, kidney, california red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.242
16030	Beans, kidney, california red, mature seeds, raw	184.0	1.0 cup	0.675
11029	Beans, kidney, mature seeds, sprouted, raw	184.0	1.0 cup	0.081
16145	Beans, kidney, red, mature seeds, canned, drained solids	266.0	1.0 can drained solids	0.277
16335	Beans, kidney, red, mature seeds, canned, drained solids, rinsed in tap water	158.0	1.0 cup cup rinsed solids	0.167
16337	Beans, kidney, red, mature seeds, canned, solids and liquid, low sodium	256.0	1.0 cup	0.179

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16034	Beans, kidney, red, mature seeds, canned, solids and liquids	256.0	1.0 cup	0.179
16333	Beans, kidney, red, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.230
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.230
16032	Beans, kidney, red, mature seeds, raw	184.0	1.0 cup	0.624
16336	Beans, kidney, royal red, mature seeds, cooked, boiled with salt	177.0	1.0 cup	0.253
16036	Beans, kidney, royal red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.253
16035	Beans, kidney, royal red, mature seeds, raw	184.0	1.0 cup	0.701
11626	Beans, mung, mature seeds, sprouted, canned, drained solids	125.0	1.0 cup	0.021
16039	Beans, navy, mature seeds, canned	262.0	1.0 cup	0.257
16338	Beans, navy, mature seeds, cooked, boiled, with salt	182.0	1.0 cup	0.202
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182.0	1.0 cup	0.202
16037	Beans, navy, mature seeds, raw	208.0	1.0 cup	0.568
11046	Beans, navy, mature seeds, sprouted, raw	104.0	1.0 cup	0.067
16341	Beans, pink, mature seeds, cooked, boiled, with salt	169.0	1.0 cup	0.230
16041	Beans, pink, mature seeds, cooked, boiled, without salt	169.0	1.0 cup	0.230
16040	Beans, pink, mature seeds, raw	210.0	1.0 cup	0.662
16146	Beans, pinto, canned, drained solids	277.0	1.0 can drained solids	0.235
16345	Beans, pinto, mature seeds, canned, drained solids, rinsed in tap water	169.0	1.0 cup	0.145
16044	Beans, pinto, mature seeds, canned, solids and liquids	240.0	1.0 cup	0.134
16347	Beans, pinto, mature seeds, canned, solids and liquids, low sodium	240.0	1.0 cup	0.134
16343	Beans, pinto, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	0.215
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	0.200
16042	Beans, pinto, mature seeds, raw	193.0	1.0 cup	0.500
16346	Beans, small white, mature seeds, cooked, boiled, with salt	179.0	1.0 cup	0.242
16046	Beans, small white, mature seeds, cooked, boiled, without salt	179.0	1.0 cup	0.242
16045	Beans, small white, mature seeds, raw	215.0	1.0 cup	0.682
11058	Beans, snap, canned, all styles, seasoned, solids and liquids	114.0	0.5 cup	0.011
11729	Beans, snap, green, canned, no salt added, drained solids	153.0	1.0 cup	0.020
11726	Beans, snap, green, canned, no salt added, solids and liquids	120.0	0.5 cup	0.011
11056	Beans, snap, green, canned, regular pack, drained solids	135.0	1.0 cup	0.018
11054	Beans, snap, green, canned, regular pack, solids and liquids	240.0	1.0 cup	0.022
11723	Beans, snap, green, cooked, boiled, drained, with salt	125.0	1.0 cup	0.029
11053	Beans, snap, green, cooked, boiled, drained, without salt	125.0	1.0 cup	0.029
11062	Beans, snap, green, frozen, all styles, microwaved	111.0	1.0 cup	0.024
11060	Beans, snap, green, frozen, all styles, unprepared	121.0	1.0 cup	0.027
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135.0	1.0 cup	0.024

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11731	Beans, snap, green, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	0.024
11052	Beans, snap, green, raw	100.0	1.0 cup 1/2" pieces	0.022
11933	Beans, snap, yellow, canned, no salt added, drained solids	153.0	1.0 cup	0.021
11728	Beans, snap, yellow, canned, no salt added, solids and liquids	120.0	0.5 cup	0.011
11932	Beans, snap, yellow, canned, regular pack, drained solids	153.0	1.0 cup	0.021
11727	Beans, snap, yellow, canned, regular pack, solids and liquids	120.0	0.5 cup	0.011
11725	Beans, snap, yellow, cooked, boiled, drained, with salt	125.0	1.0 cup	0.029
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125.0	1.0 cup	0.029
11730	Beans, snap, yellow, frozen, all styles, unprepared	121.0	1.0 cup	0.027
11733	Beans, snap, yellow, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	0.024
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135.0	1.0 cup	0.024
11722	Beans, snap, yellow, raw	100.0	1.0 cup 1/2" pieces	0.022
16051	Beans, white, mature seeds, canned	262.0	1.0 cup	0.286
16350	Beans, white, mature seeds, cooked, boiled, with salt	179.0	1.0 cup	0.261
16050	Beans, white, mature seeds, cooked, boiled, without salt	179.0	1.0 cup	0.261
16049	Beans, white, mature seeds, raw	202.0	1.0 cup	0.709
16348	Beans, yellow, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.244
16048	Beans, yellow, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.244
16047	Beans, yellow, mature seeds, raw	196.0	1.0 cup	0.649
23491	Beef composite, separable lean only, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	0.651
22402	Beef macaroni with tomato sauce, frozen entree, reduced fat	269.0	1.0 serving	0.299
22529	Beef Pot Pie, frozen entree, prepared	268.0	1.0 pie, cooked (average weight)	0.356
07956	Beef sausage, fresh, cooked	43.0	1.0 serving	0.175
07954	Beef sausage, pre-cooked	48.0	1.0 serving	0.125
22905	Beef stew, canned entree	196.0	1.0 cup (1 serving)	0.176
23293	Beef, Australian, imported, grass-fed, ground, 85% lean / 15% fat, raw	114.0	4.0 oz (4 oz)	0.573
23302	Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	0.670
23294	Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	0.693
23305	Beef, Australian, imported, grass-fed, loin, top loin steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	0.602
23303	Beef, Australian, imported, grass-fed, loin, top loin steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	0.725
23315	Beef, Australian, imported, grass-fed, loin, top sirloin cap-off steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	0.719
23306	Beef, Australian, imported, grass-fed, loin, top sirloin cap-off steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	0.728
23316	Beef, Australian, imported, grass-fed, rib, ribeye steak/roast lip-on, boneless, separable lean and fat, raw	114.0	4.0 oz	0.606
23307	Beef, Australian, imported, grass-fed, rib, ribeye steak/roast lip-on, boneless, separable lean only, raw	114.0	4.0 oz	0.714

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	
23317	Beef, Australian, imported, grass-fed, round, bottom round steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	0.693	
23308	Beef, Australian, imported, grass-fed, round, bottom round steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	0.711	
23318	Beef, Australian, imported, grass-fed, round, top round cap-off steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	0.740	
23309	Beef, Australian, imported, grass-fed, round, top round cap-off steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	0.744	
23304	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	114.0	4.0 oz	0.648	
23323	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean and fat, Aust. marble score 9, raw	114.0	4.0 oz	0.610	
23295	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	114.0	4.0 oz	0.671	
23310	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean only, Aust. marble score 9, raw	114.0	4.0 oz	0.627	
23319	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	114.0	4.0 oz	0.551	
23311	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	114.0	4.0 oz	0.670	
23312	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean only, Aust. marble score 9, raw	114.0	4.0 oz	0.563	
23320	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, separable lean and fat, Aust. marble score 9, raw	114.0	4.0 oz	0.449	
23321	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	114.0	4.0 oz	0.520	
23322	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean and fat, Aust. marble score 9, raw	114.0	4.0 oz	0.440	
23313	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	114.0	4.0 oz	0.676	
23314	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean only, Aust. marble score 9, raw	114.0	4.0 oz	0.586	
13953	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	569.0	1.0 roast (yield from 690g raw meat)		3.858
13954	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.457	
13955	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.568	
13956	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.457	
13957	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.585	
13958	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.457	
23646	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.471	

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
23647	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.583
23648	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.468
23649	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.601
23650	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.473
13595	Beef, brisket, flat half, boneless separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.532
13904	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.490
13975	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.486
13983	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.496
13596	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.528
13597	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.539
13369	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.728
13165	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.713
13950	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.744
13806	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.609
13805	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.426
23660	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.634
23658	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.401
13055	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0.641
23659	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.394
13370	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.736
13343	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.722
13485	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.751
23595	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0.245
23596	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.159
23615	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0.245
23613	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.160
23634	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	0.245
23632	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.158
13371	Beef, brisket, point half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.512
13808	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.531
13807	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.128
13372	Beef, brisket, point half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.610
13367	Beef, brisket, whole, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.593
13804	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.563
13803	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.134
13023	Beef, brisket, whole, separable lean only, all grades, raw	28.35	1.0 oz	0.150

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
13368	Beef, brisket, whole, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.659
13001	Beef, carcass, separable lean and fat, choice, raw	28.35	1.0 oz	0.122
13002	Beef, carcass, separable lean and fat, select, raw	28.35	1.0 oz	0.123
23134	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.668
23137	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.458
23135	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.655
23138	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.456
23136	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.688
23139	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.461
23071	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.779
23074	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.519
23069	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.767
23072	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.518
23070	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.796
23073	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.523
23113	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.594
13786	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.463
23114	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.591
13788	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.462
23115	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.600
13791	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.465
13821	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.660
13972	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.511
13822	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.655

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
13973	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.513
13823	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.670
13974	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.509
23140	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.603
23143	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.456
23141	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.603
23144	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.456
23142	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.604
23145	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.456
23077	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.693
23080	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.528
23075	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.694
23078	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.528
23076	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.691
23079	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.527
23090	Beef, chuck for stew, separable lean and fat, all grades, cooked, braised	85.0	3.0 oz	0.803
23093	Beef, chuck for stew, separable lean and fat, all grades, raw	85.0	3.0 oz	0.539
23092	Beef, chuck for stew, separable lean and fat, choice, cooked, braised	85.0	3.0 oz	0.805
23095	Beef, chuck for stew, separable lean and fat, choice, raw	85.0	3.0 oz	0.536
23091	Beef, chuck for stew, separable lean and fat, select, cooked, braised	85.0	3.0 oz	0.801
23094	Beef, chuck for stew, separable lean and fat, select, raw	85.0	3.0 oz	0.543
13373	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.641
13375	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.647
13810	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.672
13809	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.139
13812	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.666
13811	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.138
13814	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0.678
13813	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.143
13377	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.739
13378	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.739
23602	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0.256
23603	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.163

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
23614	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0.256
23612	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.162
23633	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	0.255
23631	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.164
13379	Beef, chuck, blade roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	235.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	1.664
13816	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.582
13815	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.124
13818	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.574
13817	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.123
13820	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0.595
13819	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.126
13382	Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.688
23552	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.618
23528	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.592
23531	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.657
23514	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz (1 serving)	0.647
13937	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.626
13940	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.677
23515	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85.0	3.0 oz	0.636
23513	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, raw	28.35	1.0 oz	0.158
23517	Beef, chuck, clod steak, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85.0	3.0 oz	0.709
23119	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	141.0	1.0 steak	1.285
23122	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.510
23120	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	141.0	1.0 steak	1.290
23123	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.512
23121	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	141.0	1.0 steak	1.276
23124	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.508
23086	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	141.0	1.0 steak	1.371
23089	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.528
23084	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	141.0	1.0 steak	1.379
23087	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.530

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
23085	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	141.0	1.0 steak	1.355
23088	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.526
23547	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.624
23519	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	0.620
23521	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz	0.629
23509	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.625
13961	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz (1 serving)	0.620
13963	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.630
23125	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.615
23128	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.422
23126	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.610
23129	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.416
23127	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.623
23130	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.432
13982	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.715
23068	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.488
13980	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.715
23066	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.480
13981	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.714
23067	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.499
23054	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	32.0	1.0 medallion	0.219
23053	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, raw	41.0	1.0 medallion	0.219
23035	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	30.0	1.0 medallion	0.204
23034	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, raw	40.0	1.0 medallion	0.214
23065	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	34.0	1.0 medallion	0.234
23036	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, raw	44.0	1.0 medallion	0.240
23058	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	0.582
23057	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.457

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
23038	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	1.0 serving (3 oz)	0.577
23037	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.451
23040	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	179.0	1.0 steak	1.215
23039	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.468
23060	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	0.582
23059	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.421
23042	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	1.0 serving (3 oz)	0.547
23041	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.415
23044	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	1.0 serving (3 oz)	0.560
23043	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.429
23549	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.620
23523	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.620
23525	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.618
23511	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.630
13965	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.630
13967	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.631
23105	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.632
23108	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.458
23106	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.630
23109	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.455
23107	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.635
23110	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.463
13351	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.657
13356	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.481

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
13352	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.657
13359	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.477
13354	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.658
13499	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.489
23102	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.463
23103	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.462
23104	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.463
13293	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.524
13294	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.525
13349	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.521
23099	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.644
13380	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.587
13381	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.656
13285	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.757
13383	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.755
13384	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.761
23116	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.682
23117	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.666
23118	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.705
23098	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.777
23096	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.766

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
23097	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.793
13361	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, cooked	85.0	3.0 oz	0.666
23482	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, raw	114.0	4.0 oz	0.630
13362	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, cooked	85.0	3.0 oz	0.656
23494	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, raw	114.0	4.0 oz	0.624
13363	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, cooked	85.0	3.0 oz	0.671
23497	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, raw	114.0	4.0 oz	0.666
13796	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, cooked	85.0	3.0 oz	0.591
13795	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, raw	114.0	4.0 oz	0.603
13798	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	0.590
13797	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	114.0	4.0 oz	0.592
13800	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, cooked	85.0	3.0 oz	0.596
13799	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, raw	114.0	4.0 oz	0.579
13364	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, cooked	85.0	3.0 oz	0.728
23485	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, raw	114.0	4.0 oz	0.677
13365	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked	85.0	3.0 oz	0.706
23495	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, raw	114.0	4.0 oz	0.646
13366	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, cooked	85.0	3.0 oz	0.741
23496	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, raw	114.0	4.0 oz	0.747
23484	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, cooked	114.0	4.0 oz	0.898
23483	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.515
23490	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, choice, raw	114.0	4.0 oz	0.668
23498	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, cooked	85.0	3.0 oz	0.657
23499	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, raw	114.0	4.0 oz	0.726
22908	Beef, corned beef hash, with potato, canned	236.0	1.0 cup	0.323
13345	Beef, cured, breakfast strips, cooked	34.0	3.0 slices	0.247
13344	Beef, cured, breakfast strips, raw or unheated	68.0	3.0 slices	0.197
13347	Beef, cured, corned beef, brisket, cooked	85.0	3.0 oz	0.402
13346	Beef, cured, corned beef, brisket, raw	28.35	1.0 oz	0.097
13348	Beef, cured, corned beef, canned	28.35	1.0 oz	0.178
13350	Beef, cured, dried	28.0	10.0 slices	0.210
13353	Beef, cured, luncheon meat, jellied	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.118
13355	Beef, cured, pastrami	71.0	1.0 package, 2.5 oz	0.396
13357	Beef, cured, sausage, cooked, smoked	43.0	1.0 sausage	0.141
13358	Beef, cured, smoked, chopped beef	28.0	1.0 slice (1 oz)	0.137
13948	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.612

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
13970	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.470
13066	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.587
13067	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.609
13065	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.156
13949	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.615
13971	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.470
23654	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.617
23656	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.478
13069	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.620
13070	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.615
13068	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.160
23655	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.619
23657	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.474
13494	Beef, ground, 70% lean meat / 30% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.558
13495	Beef, ground, 70% lean meat / 30% fat, loaf, cooked, baked	85.0	3.0 oz	0.522
13496	Beef, ground, 70% lean meat / 30% fat, patty cooked, pan-broiled	85.0	3.0 oz	0.500
13497	Beef, ground, 70% lean meat / 30% fat, patty, cooked, broiled	85.0	3.0 oz	0.555
13498	Beef, ground, 70% lean meat / 30% fat, raw	113.0	4.0 oz	0.417
23580	Beef, ground, 75% lean meat / 25% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.575
23581	Beef, ground, 75% lean meat / 25% fat, loaf, cooked, baked	85.0	3.0 oz	0.536
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85.0	3.0 oz	0.558
23579	Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.512
23577	Beef, ground, 75% lean meat / 25% fat, raw	113.0	4.0 oz	0.458
23575	Beef, ground, 80% lean meat / 20% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.590
23576	Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked	85.0	3.0 oz	0.552
23574	Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.525
23572	Beef, ground, 80% lean meat / 20% fat, raw	113.0	4.0 oz	0.499
23570	Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.606
23571	Beef, ground, 85% lean meat / 15% fat, loaf, cooked, baked	85.0	3.0 oz	0.567
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85.0	3.0 oz	0.406
23569	Beef, ground, 85% lean meat / 15% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.538
23567	Beef, ground, 85% lean meat / 15% fat, raw	85.0	3.0 oz	0.406
23565	Beef, ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.621
23566	Beef, ground, 90% lean meat / 10% fat, loaf, cooked, baked	85.0	3.0 oz	0.581
23563	Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled	85.0	3.0 oz	0.570
23564	Beef, ground, 90% lean meat / 10% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.552

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
23562	Beef, ground, 90% lean meat / 10% fat, raw	113.0	4.0 oz	0.582
23476	Beef, ground, 93% lean meat / 7% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.631
23475	Beef, ground, 93% lean meat / 7% fat, loaf, cooked, baked	85.0	3.0 oz	0.591
23473	Beef, ground, 93% lean meat / 7% fat, patty, cooked, broiled	85.0	3.0 oz	0.573
23472	Beef, ground, 93% lean meat / 7% fat, raw	113.0	4.0 oz	0.607
23474	Beef, ground, 93% lean meat /7% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.559
23560	Beef, ground, 95% lean meat / 5% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.638
23561	Beef, ground, 95% lean meat / 5% fat, loaf, cooked, baked	85.0	3.0 oz	0.597
23558	Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled	85.0	3.0 oz	0.575
23559	Beef, ground, 95% lean meat / 5% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.564
23557	Beef, ground, 95% lean meat / 5% fat, raw	113.0	4.0 oz	0.623
23481	Beef, ground, 97% lean meat / 3% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.643
23480	Beef, ground, 97% lean meat / 3% fat, loaf, cooked, baked	85.0	3.0 oz	0.603
23478	Beef, ground, 97% lean meat / 3% fat, patty, cooked, broiled	85.0	3.0 oz	0.576
23477	Beef, ground, 97% lean meat / 3% fat, raw	113.0	4.0 oz	0.640
23479	Beef, ground, 97% lean meat /3% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.570
23220	Beef, ground, unspecified fat content, cooked	85.0	3.0 oz	0.575
13985	Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	1.0 serving	0.592
23545	Beef, loin, bottom sirloin butt, tri-tip steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.722
23345	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.628
23336	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.498
23346	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.625
23337	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.492
23347	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.643
23338	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.514
23375	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.679
23366	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.541
23376	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.648
23367	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.513
23368	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.595
23377	Beef, loin, tenderloin roast, separable lean only, boneless, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.740
13439	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.634

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
23342	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.500
13440	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.641
23343	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.494
13441	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.638
23344	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.515
13442	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.704
23372	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.541
13443	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.683
23373	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.513
13444	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.754
23374	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.595
13445	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.657
23339	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.516
13446	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.652
23340	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.508
13447	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.688
23341	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.536
13448	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.728
23369	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.570
13449	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.682
23370	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.541
13450	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.795
23371	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.626
23391	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.602
23388	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.490
23389	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.588
23395	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.484
23390	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.632
23387	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.506

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
23394	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.717
23386	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.570
23392	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.676
23385	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.541
23393	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.796
23384	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.547
13910	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.585
13911	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.456
13914	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.584
13913	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.434
23278	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.598
23281	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.457
23279	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.603
23282	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.451
23280	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.599
23283	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.472
23241	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.698
23244	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.528
23242	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.665
23245	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.503
23243	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.762
23246	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.576
23256	Beef, loin, top sirloin fillet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	121.0	1.0 fillet	1.074
23257	Beef, loin, top sirloin fillet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	124.0	1.0 fillet	1.048
23258	Beef, loin, top sirloin fillet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	115.0	1.0 fillet	1.119
23259	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.719
23239	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.683

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
23260	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.788
23261	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.569
23240	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.545
23262	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.619
23446	Beef, New Zealand, imported, bolar blade, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.875
23447	Beef, New Zealand, imported, bolar blade, separable lean and fat, raw	114.0	4.0 oz	0.798
23397	Beef, New Zealand, imported, bolar blade, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.938
23398	Beef, New Zealand, imported, bolar blade, separable lean only, raw	114.0	4.0 oz	0.829
23448	Beef, New Zealand, imported, brisket navel end, separable lean and fat, cooked, braised	85.0	3.0 oz	0.563
23449	Beef, New Zealand, imported, brisket navel end, separable lean and fat, raw	114.0	4.0 oz	0.593
23399	Beef, New Zealand, imported, brisket navel end, separable lean only, cooked, braised	85.0	3.0 oz	0.820
23401	Beef, New Zealand, imported, brisket navel end, separable lean only, raw	114.0	4.0 oz	0.740
23450	Beef, New Zealand, imported, brisket point end, separable lean and fat, cooked, braised	85.0	3.0 oz	0.892
23451	Beef, New Zealand, imported, brisket point end, separable lean and fat, raw	114.0	4.0 oz	0.751
23402	Beef, New Zealand, imported, brisket point end, separable lean only, cooked, braised	85.0	3.0 oz	0.965
23403	Beef, New Zealand, imported, brisket point end, separable lean only, raw	114.0	4.0 oz	0.784
23452	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, cooked, braised	85.0	3.0 oz	0.836
23453	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, raw	114.0	4.0 oz	1.123
23405	Beef, New Zealand, imported, chuck eye roll, separable lean only, cooked, braised	85.0	1.0 serving	0.897
23454	Beef, New Zealand, imported, cube roll, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.777
23455	Beef, New Zealand, imported, cube roll, separable lean and fat, raw	114.0	4.0 oz	0.683
23406	Beef, New Zealand, imported, cube roll, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.842
23407	Beef, New Zealand, imported, cube roll, separable lean only, raw	114.0	4.0 oz	0.741
23456	Beef, New Zealand, imported, eye round, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0.824
23457	Beef, New Zealand, imported, eye round, separable lean and fat, raw	113.0	4.0 oz	0.739
23408	Beef, New Zealand, imported, eye round, separable lean only, cooked, slow roasted	85.0	3.0 oz	0.830
23409	Beef, New Zealand, imported, eye round, separable lean only, raw	113.0	4.0 oz	0.749
23458	Beef, New Zealand, imported, flank, separable lean and fat, cooked, braised	85.0	3.0 oz	0.842
23459	Beef, New Zealand, imported, flank, separable lean and fat, raw	113.0	4.0 oz	0.748
23410	Beef, New Zealand, imported, flank, separable lean only, cooked, braised	85.0	3.0 oz	0.859
23411	Beef, New Zealand, imported, flank, separable lean only, raw	113.0	4.0 oz	0.763
23460	Beef, New Zealand, imported, flat, separable lean and fat, cooked, braised	85.0	3.0 oz	0.891
23461	Beef, New Zealand, imported, flat, separable lean and fat, raw	113.0	4.0 oz	0.765
23412	Beef, New Zealand, imported, flat, separable lean only, cooked, braised	85.0	3.0 oz	0.929
23413	Beef, New Zealand, imported, flat, separable lean only, raw	113.0	4.0 oz	0.792

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
23462	Beef, New Zealand, imported, hind shin, separable lean and fat, cooked, braised	85.0	3.0 oz	0.834
23463	Beef, New Zealand, imported, hind shin, separable lean and fat, raw	113.0	4.0 oz	0.766
23416	Beef, New Zealand, imported, hind shin, separable lean only, cooked, braised	85.0	3.0 oz	0.873
23417	Beef, New Zealand, imported, hind shin, separable lean only, raw	113.0	4.0 oz	0.798
23418	Beef, New Zealand, imported, inside, raw	113.0	4.0 oz	0.824
23419	Beef, New Zealand, imported, intermuscular fat, cooked	85.0	3.0 oz	0.221
23420	Beef, New Zealand, imported, intermuscular fat, raw	113.0	4.0 oz	0.259
23422	Beef, New Zealand, imported, knuckle, cooked, fast fried	85.0	3.0 oz	0.769
23426	Beef, New Zealand, imported, manufacturing beef, cooked, boiled	85.0	3.0 oz	0.677
23427	Beef, New Zealand, imported, manufacturing beef, raw	113.0	4.0 oz	0.789
23464	Beef, New Zealand, imported, oyster blade, separable lean and fat, cooked, braised	85.0	3.0 oz	0.833
23440	Beef, New Zealand, imported, oyster blade, separable lean and fat, raw	113.0	4.0 oz	0.791
23428	Beef, New Zealand, imported, oyster blade, separable lean only, cooked, braised	85.0	3.0 oz	0.835
23429	Beef, New Zealand, imported, oyster blade, separable lean only, raw	113.0	4.0 oz	0.811
23430	Beef, New Zealand, imported, ribs prepared, cooked, fast roasted	85.0	3.0 oz	0.762
23431	Beef, New Zealand, imported, ribs prepared, raw	113.0	4.0 oz	0.792
23465	Beef, New Zealand, imported, rump centre, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.839
23467	Beef, New Zealand, imported, rump centre, separable lean and fat, raw	113.0	4.0 oz	0.805
23432	Beef, New Zealand, imported, rump centre, separable lean only, cooked, fast fried	85.0	3.0 oz	0.843
23466	Beef, New Zealand, imported, rump centre, separable lean only, raw	113.0	4.0 oz	0.808
23468	Beef, New Zealand, imported, striploin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.696
23469	Beef, New Zealand, imported, striploin, separable lean and fat, raw	113.0	4.0 oz	0.687
23433	Beef, New Zealand, imported, striploin, separable lean only, cooked, fast fried	85.0	3.0 oz	0.797
23434	Beef, New Zealand, imported, striploin, separable lean only, raw	113.0	4.0 oz	0.777
23435	Beef, New Zealand, imported, subcutaneous fat, cooked	85.0	3.0 oz	0.182
23436	Beef, New Zealand, imported, subcutaneous fat, raw	113.0	4.0 oz	0.316
23437	Beef, New Zealand, imported, sweetbread, cooked, boiled	85.0	3.0 oz	0.350
23438	Beef, New Zealand, imported, sweetbread, raw	113.0	4.0 oz	0.428
23470	Beef, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.818
23471	Beef, New Zealand, imported, tenderloin, separable lean and fat, raw	113.0	4.0 oz	0.782
23439	Beef, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	85.0	3.0 oz	0.821
23441	Beef, New Zealand, imported, tenderloin, separable lean only, raw	113.0	4.0 oz	0.788
23424	Beef, New Zealand, imported, variety meats and by-products liver, cooked, boiled	85.0	3.0 oz	0.651
23414	Beef, New Zealand, imported, variety meats and by-products, heart, cooked, boiled	85.0	3.0 oz	0.875
23415	Beef, New Zealand, imported, variety meats and by-products, heart, raw	113.0	4.0 oz	0.688
23421	Beef, New Zealand, imported, variety meats and by-products, kidney, cooked, boiled	85.0	3.0 oz	0.762

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
23423	Beef, New Zealand, imported, variety meats and by-products, kidney, raw	113.0	4.0 oz	0.583
23425	Beef, New Zealand, imported, variety meats and by-products, liver, raw	113.0	4.0 oz	0.762
23442	Beef, New Zealand, imported, variety meats and by-products, tongue, cooked, boiled	85.0	3.0 oz	0.512
23443	Beef, New Zealand, imported, variety meats and by-products, tongue, raw	113.0	4.0 oz	0.661
23444	Beef, New Zealand, imported, variety meats and by-products, tripe cooked, boiled	85.0	3.0 oz	0.531
23445	Beef, New Zealand, imported, variety meats and by-products, tripe uncooked, raw	113.0	4.0 oz	0.553
23214	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.675
23217	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.469
23215	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.662
23218	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.459
23216	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.706
23219	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.490
23162	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.740
23163	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.523
23164	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.697
23165	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.493
23166	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.823
23167	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.581
23221	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.622
23224	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.414
23222	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.606
23225	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.405
23223	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.656
23226	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.433
23168	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.683
23169	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.462
23170	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.638
23171	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.435
23172	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.769
23173	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.514
23540	Beef, plate, inside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.629

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
13977	Beef, plate, inside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.643
23541	Beef, plate, outside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.566
13979	Beef, plate, outside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.583
13020	Beef, retail cuts, separable fat, cooked	28.35	1.0 oz	0.079
13019	Beef, retail cuts, separable fat, raw	28.35	1.0 oz	0.061
23191	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.540
23189	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.539
23190	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.549
23146	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.669
23101	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.641
23147	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.726
23198	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.558
23199	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.548
23200	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.584
23159	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.696
23160	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.657
23161	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.772
23188	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.527
23186	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.520
23187	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.545
23156	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.677
23157	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.638
23158	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.751
23227	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.571
23230	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.443
23228	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.547
23231	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.428
23229	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.618
23232	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.473
23174	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.694
23175	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.543
23176	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.644

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
23177	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.510
23178	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.779
23179	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.603
23197	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.545
23195	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.525
23196	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.583
23100	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.690
23148	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.644
23149	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.779
23192	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.417
23193	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.411
23194	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.433
23150	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.524
23151	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.494
23152	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.581
23201	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.434
23202	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.422
23213	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.459
23153	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.543
23154	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.510
23155	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.605
13952	Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.603
13951	Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.619
13284	Beef, rib eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.461
23233	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.557
23236	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.371
23234	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.535
23237	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.360
23235	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.600
23238	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.394
23180	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.700
23182	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.655
23183	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.441
23184	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.786

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
23185	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.530
13490	Beef, rib, eye, small end (ribs 10- 12) separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.662
13096	Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.588
13095	Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.127
13098	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.639
13097	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.146
13386	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.496
13387	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.511
13839	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0.469
13840	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.501
13838	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.118
13842	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.454
13843	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.490
13841	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.116
13848	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0.450
13849	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	0.497
13847	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.115
13845	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0.469
13846	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.509
13844	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.120
13388	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.609
13389	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.599
13390	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.599
13148	Beef, rib, shortribs, separable lean and fat, choice, cooked, braised	85.0	3.0 oz	0.478
13147	Beef, rib, shortribs, separable lean and fat, choice, raw	28.35	1.0 oz	0.104
13150	Beef, rib, shortribs, separable lean only, choice, cooked, braised	121.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.969
13149	Beef, rib, shortribs, separable lean only, choice, raw	28.35	1.0 oz	0.138
13391	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.603
13392	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.538
13393	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.542
13851	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0.572
13852	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.490
13850	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.143
13854	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.543
13855	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.484

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
13853	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.141
13860	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0.525
13861	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	0.482
13859	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.122
13857	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0.602
13858	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.496
13856	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.433
13394	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.651
13395	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.610
13396	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.610
23638	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.218
23599	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.165
23623	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.163
23586	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.228
23582	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.166
23626	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8"fat, choice, cooked, broiled	28.35	1.0 oz	0.209
13825	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0.488
13826	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.496
13824	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.120
13828	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.484
13829	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.492
13827	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.119
13834	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0.478
13835	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	0.491
13833	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.117
13831	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0.495
13832	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.502
13830	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.122
23263	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.559
23264	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.531
23265	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.587
23266	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.609
23269	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.482
23267	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.572
23270	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.459
23268	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.679

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
23271	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.538
23272	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	135.0	1.0 fillet	1.127
23273	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	138.0	1.0 fillet	1.086
23274	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	129.0	1.0 fillet	1.129
23275	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.694
23276	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.660
23277	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.762
23590	Beef, round, bottom round , roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	28.35	1.0 oz	0.210
13414	Beef, round, bottom round roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.626
13399	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.607
13402	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.592
13405	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.621
13870	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.604
13873	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.601
13876	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.604
13408	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.615
13411	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.603
23604	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked	28.35	1.0 oz	0.207
23594	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.167
23619	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	28.35	1.0 oz	0.204
23618	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.164
23637	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.164
13398	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.743
13401	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.724
13404	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.762
13869	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.725
13868	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.153
13872	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.727
13871	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.153
13875	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0.653
13874	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.458
13407	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.753
13410	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.732
13413	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.774
23605	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0.253
23622	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0.253

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
23593	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	0.254
13415	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.698
23330	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.536
13416	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.700
23331	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.533
13417	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.722
23332	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.547
13418	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.759
23360	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.577
13419	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.719
23361	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.551
13420	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.834
23362	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.629
23334	Beef, round, eye of round steak, boneless separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.532
23351	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.683
23333	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.535
23352	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.683
23353	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.692
23335	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.547
23381	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.737
23363	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.577
23382	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.706
23364	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.551
23383	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.793
23365	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.629
13878	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.626
13877	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.159
13880	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.621

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
13879	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.160
13882	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.623
13881	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.157
23598	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	28.35	1.0 oz	0.219
23597	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.167
23620	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	28.35	1.0 oz	0.221
23616	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.169
23591	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	28.35	1.0 oz	0.219
23635	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.165
13865	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.599
13864	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.149
13867	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0.600
13866	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.149
13156	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.647
13158	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, select, cooked, broiled	85.0	3.0 oz	0.637
23062	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	150.0	1.0 steak	1.059
23061	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.463
23046	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.595
23045	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.459
23048	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.589
23047	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.464
23032	Beef, round, knuckle, tip side, steak, separable lean and fat , trimmed to 0" fat, select, raw	85.0	3.0 oz	0.486
23056	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	0.643
23055	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.480
23031	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	141.0	1.0 steak	1.058
23030	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.474
23033	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	1.0 serving (3 oz)	0.647
23064	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	0.609
23063	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.478
23050	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	1.0 serving (3 oz)	0.603
23049	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.470

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
23052	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	1.0 serving (3 oz)	0.620
23051	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.490
13421	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.593
13486	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.453
13422	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.598
13487	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.446
13423	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.588
13488	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.461
13884	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.598
13886	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.593
13888	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.601
13424	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.609
23651	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.467
13425	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.613
23652	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.460
13426	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.606
23653	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.473
13883	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.142
13885	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.141
13887	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.143
23348	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.711
23327	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.540
23349	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.706
23328	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.537
23350	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.728
23329	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.551
23378	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.767
23357	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.582
23379	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.726
23358	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.557
23380	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.841
23359	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.633

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
13959	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.751
23324	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.541
13968	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.753
23325	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.538
13969	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.762
23326	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.552
13491	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.808
23354	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.582
13492	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.785
23355	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.557
13493	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.736
23356	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.633
13893	Beef, round, top round steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0.679
13428	Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.789
13430	Beef, round, top round, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.775
13432	Beef, round, top round, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.775
13892	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.747
13895	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.742
13897	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	0.718
13901	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.161
13899	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0.753
13436	Beef, round, top round, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.786
13438	Beef, round, top round, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.786
13890	Beef, round, top round, separable lean only, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	0.751
13891	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.163
13896	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.676
13894	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.162
13902	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0.680
13900	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0.677
13898	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.164
23608	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.235
23609	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.507
23621	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.236
23617	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.168

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
23592	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.233
23636	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.171
13342	Beef, sandwich steaks, flaked, chopped, formed and thinly sliced, raw	85.0	3.0 oz	0.332
13228	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, cooked, simmered	85.0	3.0 oz	0.733
13227	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.158
13459	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.575
13460	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	0.566
13463	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz (1serving)	0.586
23002	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.584
23001	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.471
13906	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.570
13905	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.466
23004	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.615
23003	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.486
13465	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.695
13466	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.629
13467	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.615
13470	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.649
13464	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.525
13232	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.615
13231	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.478
13469	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.730
13468	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.611
13479	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.666
13478	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.548
13236	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.648
13235	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.521
13483	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.734
13482	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.602
13473	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.581
13474	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	0.577
13477	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz	0.586

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
23006	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.566
23005	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.462
13908	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.554
13907	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.458
23008	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.592
23007	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.476
13481	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.565
13484	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.627
23607	Beef, short loin, top loin steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.507
13916	Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0.564
13909	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.456
13912	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.579
13915	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, prime, raw	85.0	3.0 oz	0.413
23606	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.216
23630	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.215
23627	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.504
23589	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	28.35	1.0 oz	0.217
23585	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.511
23000	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.516
23111	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.511
23112	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.524
13647	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.536
13648	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.543
13649	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.543
23131	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.749
23132	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.747
23133	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.752
23083	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.780
23081	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.777
23082	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.786
23554	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.683
23536	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.686
23516	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.709
13943	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz (1 serving)	0.707
13946	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.711

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure	
13598	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.666	
13863	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.486	
13650	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.664	
13889	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.484	
13862	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.669	
13903	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.490	
13500	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.698	
13519	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.505	
13501	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.701	
13520	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.504	
13502	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.693	
13523	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.506	
13919	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.520	
13922	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.520	
13928	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	0.523	
13925	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.520	
13926	Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.132	
13918	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0.586	
13917	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.434	
13921	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	140.0	1.0 steak (yield from 181 g raw meat)		0.963
13920	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.439	
13927	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0.550	
13924	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	119.0	1.0 steak (yield from 1 raw steak weighing 151g)		0.800
13923	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	149.0	1.0 steak (yield from 1 raw steak weighing 149g)		0.751
23600	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.214	
23601	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.163	
23628	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.214	
23624	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.163	
23587	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.215	
23583	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.163	
23284	Beef, top loin fillet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	135.0	1.0 fillet	1.000	
23285	Beef, top loin fillet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	135.0	1.0 fillet	0.975	

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
23286	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	135.0	1.0 fillet	0.977
23247	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	135.0	1.0 fillet	1.150
23248	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	135.0	1.0 fillet	1.085
23249	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	135.0	1.0 fillet	1.273
23287	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.621
23288	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.614
23289	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.637
23250	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.700
23251	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.666
23252	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.765
23290	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.485
23291	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.476
23292	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.507
23253	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.558
23254	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.530
23255	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.611
13451	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.649
13452	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.643
13453	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.656
13930	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0.597
13929	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.450
13932	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.620
13933	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	0.626
13931	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.143
13935	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0.600
13934	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.457
13454	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.676
13455	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.671
13456	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.682
23610	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.217
23611	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.163
23629	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.218
23625	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.162
23588	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.217
23584	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.164

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
13319	Beef, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	0.222
13326	Beef, variety meats and by-products, liver, cooked, braised	68.0	1.0 slice	0.516
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	81.0	1.0 slice	0.561
13325	Beef, variety meats and by-products, liver, raw	85.0	3.0 oz	0.462
13329	Beef, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	0.347
13328	Beef, variety meats and by-products, lungs, raw	28.35	1.0 oz	0.092
13330	Beef, variety meats and by-products, mechanically separated beef, raw	28.35	1.0 oz	0.121
13332	Beef, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	0.416
13331	Beef, variety meats and by-products, pancreas, raw	28.35	1.0 oz	0.081
13334	Beef, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	0.393
13333	Beef, variety meats and by-products, spleen, raw	28.35	1.0 oz	0.096
13335	Beef, variety meats and by-products, suet, raw	28.35	1.0 oz	0.011
13338	Beef, variety meats and by-products, thymus, cooked, braised	85.0	3.0 oz	0.258
13337	Beef, variety meats and by-products, thymus, raw	28.35	1.0 oz	0.048
13339	Beef, variety meats and by-products, tongue, raw	28.35	1.0 oz	0.089
07003	Beerwurst, beer salami, pork	23.0	1.0 slice (4" dia x 1/8" thick)	0.082
07931	Beerwurst, pork and beef	56.0	1.0 serving 2 oz	0.217
11736	Beet greens, cooked, boiled, drained, with salt	144.0	1.0 cup (1" pieces)	0.030
11087	Beet greens, cooked, boiled, drained, without salt	144.0	1.0 cup (1" pieces)	0.030
11086	Beet greens, raw	38.0	1.0 cup	0.007
11084	Beets, canned, drained solids	157.0	1.0 cup, diced	0.016
11735	Beets, canned, no salt added, solids and liquids	246.0	1.0 cup	0.022
11082	Beets, canned, regular pack, solids and liquids	246.0	1.0 cup	0.022
11081	Beets, cooked, boiled, drained	85.0	0.5 cup slices	0.016
11734	Beets, cooked, boiled, drained, with salt	85.0	0.5 cup slices	0.016
11605	Beets, harvard, canned, solids and liquids	246.0	1.0 cup slices	0.025
11609	Beets, pickled, canned, solids and liquids	227.0	1.0 cup slices	0.020
11080	Beets, raw	136.0	1.0 cup	0.024
14054	Beverages, almond milk, chocolate, ready-to-drink	240.0	8.0 fl oz	0.010
14121	Beverages, carbonated, club soda	29.6	1.0 fl oz	0.000
14142	Beverages, carbonated, grape soda	31.0	1.0 fl oz	0.000
14150	Beverages, carbonated, orange	31.0	1.0 fl oz	0.000
14153	Beverages, carbonated, pepper-type, contains caffeine	30.7	1.0 fl oz	0.000
14155	Beverages, carbonated, tonic water	30.5	1.0 fl oz	0.000
14169	Beverages, Carob-flavor beverage mix, powder, prepared with whole milk	256.0	1.0 cup (8 fl oz)	0.182
14182	Beverages, chocolate syrup, prepared with whole milk	282.0	1.0 cup (8 fl oz)	0.189

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
14177	Beverages, chocolate-flavor beverage mix, powder, prepared with whole milk	266.0	1.0 cup (8 fl oz)	0.189
14187	Beverages, Clam and tomato juice, canned	30.2	1.0 fl oz	0.001
14421	Beverages, coffee substitute, cereal grain beverage, powder, prepared with whole milk	185.0	6.0 fl oz	0.154
14209	Beverages, coffee, brewed, prepared with tap water	29.6	1.0 fl oz	0.000
14201	Beverages, coffee, brewed, prepared with tap water, decaffeinated	29.6	1.0 fl oz	0.000
14218	Beverages, coffee, instant, decaffeinated, powder	1.8	1.0 tsp rounded	0.000
14214	Beverages, coffee, instant, regular, powder	1.0	1.0 tsp	0.000
14222	Beverages, coffee, instant, with chicory	1.8	1.0 tsp, rounded	0.000
14245	Beverages, Eggnog-flavor mix, powder, prepared with whole milk	272.0	1.0 cup (8 fl oz)	0.185
14318	Beverages, Malted drink mix, chocolate, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	0.196
14312	Beverages, Malted drink mix, natural, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	0.217
14632	Beverages, Meal supplement drink, canned, peanut flavor	158.0	1.0 cup	0.158
14426	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate	36.3	1.0 fl oz	0.001
14067	Beverages, Protein powder soy based	45.0	1.0 scoop	0.325
14428	Beverages, shake, fast food, strawberry	23.5	1.0 fl oz	0.020
14351	Beverages, Strawberry-flavor beverage mix, powder, prepared with whole milk	266.0	1.0 cup (8 fl oz)	0.202
14544	Beverages, tea, black, brewed, prepared with distilled water	29.6	1.0 fl oz	0.000
14355	Beverages, tea, black, brewed, prepared with tap water	29.6	1.0 fl oz	0.000
14352	Beverages, tea, black, brewed, prepared with tap water, decaffeinated	29.6	1.0 fl oz	0.000
14548	Beverages, tea, instant, lemon, with added ascorbic acid	23.0	1.0 serving (3 heaping tsp)	0.000
14384	Beverages, water, bottled, PERRIER	29.6	1.0 fl oz	0.000
14385	Beverages, water, bottled, POLAND SPRING	29.6	1.0 fl oz	0.000
18017	Biscuits, mixed grain, refrigerated dough	28.35	1.0 oz	0.030
18010	Biscuits, plain or buttermilk, dry mix	120.0	1.0 cup, purchased	0.170
18011	Biscuits, plain or buttermilk, dry mix, prepared	28.35	1.0 oz	0.039
18009	Biscuits, plain or buttermilk, frozen, baked	28.35	1.0 oz	0.032
18016	Biscuits, plain or buttermilk, prepared from recipe	28.35	1.0 oz	0.037
18014	Biscuits, plain or buttermilk, refrigerated dough, higher fat	58.0	1.0 biscuit	0.055
18012	Biscuits, plain or buttermilk, refrigerated dough, lower fat	58.0	1.0 serving 1 biscuit	0.068
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	28.35	1.0 oz	0.039
17148	Bison, ground, grass-fed, cooked	85.0	3.0 oz	0.585
17149	Bison, ground, grass-fed, raw	85.0	1.0 patty (cooked from 4 oz raw)	0.465
07005	Blood sausage	100.0	4.0 slices	0.200
09052	Blueberries, canned, heavy syrup, solids and liquids	256.0	1.0 cup	0.026
09055	Blueberries, frozen, sweetened	230.0	1.0 cup, thawed	0.014
09054	Blueberries, frozen, unsweetened	155.0	1.0 cup, unthawed	0.011

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
09050	Blueberries, raw	148.0	1.0 cup	0.018
07006	Bockwurst, pork, veal, raw	91.0	1.0 sausage	0.303
07007	Bologna, beef	30.0	1.0 slice	0.088
07008	Bologna, beef and pork	100.0	3.527 oz	0.445
07960	Bologna, chicken, pork	28.0	1.0 serving	0.060
07971	Bologna, meat and poultry	33.0	1.0 slice	0.082
07010	Bologna, pork	28.0	1.0 slice, medium (4-1/2" dia x 1/8" thick) (1 oz)	0.115
07936	Bologna, pork and turkey, lite	56.0	1.0 serving 2 oz	0.122
07937	Bologna, pork, turkey and beef	28.35	1.0 oz	0.084
07011	Bologna, turkey	28.0	0.99 oz 1 serving	0.089
07922	Bratwurst, beef and pork, smoked	66.0	1.0 serving 2.33 oz	0.240
07924	Bratwurst, pork, beef and turkey, lite, smoked	66.0	1.0 serving 2.33 oz	0.220
07013	Bratwurst, pork, cooked	85.0	1.0 link cooked	0.615
07910	Bratwurst, veal, cooked	84.0	1.0 serving 2.96 oz	0.275
07014	Braunschweiger (a liver sausage), pork	28.35	1.0 oz	0.088
18079	Bread crumbs, dry, grated, plain	28.35	1.0 oz	0.066
18376	Bread crumbs, dry, grated, seasoned	28.35	1.0 oz	0.066
18080	Bread sticks, plain	46.0	1.0 cup, small pieces	0.098
18081	Bread stuffing, bread, dry mix	28.35	1.0 oz	0.055
18082	Bread stuffing, bread, dry mix, prepared	28.35	1.0 oz	0.014
18084	Bread stuffing, cornbread, dry mix	28.35	1.0 oz	0.053
18085	Bread stuffing, cornbread, dry mix, prepared	28.35	1.0 oz	0.016
18019	Bread, banana, prepared from recipe, made with margarine	28.35	1.0 oz	0.027
18021	Bread, boston brown, canned	28.35	1.0 oz	0.026
18022	Bread, cornbread, dry mix, enriched (includes corn muffin mix)	28.35	1.0 oz	0.038
18023	Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	51.0	1.0 muffin	0.080
18412	Bread, cornbread, dry mix, unenriched (includes corn muffin mix)	28.35	1.0 oz	0.038
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.043
18025	Bread, cracked-wheat	28.35	1.0 oz	0.042
18027	Bread, egg	28.35	1.0 oz	0.054
18028	Bread, egg, toasted	28.35	1.0 oz	0.059
18030	Bread, french or vienna, toasted (includes sourdough)	28.35	1.0 oz	0.048
28338	Bread, gluten-free, white, made with tapioca starch and brown rice flour	28.0	1.0 slice	0.053
18032	Bread, irish soda, prepared from recipe	28.35	1.0 oz	0.039
18033	Bread, italian	28.35	1.0 oz	0.044
28397	Bread, multi-grain (includes whole-grain)	28.35	1.0 oz	0.039

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
18036	Bread, multi-grain, toasted (includes whole-grain)	28.35	1.0 oz	0.043
18037	Bread, oat bran	28.35	1.0 oz	0.051
18038	Bread, oat bran, toasted	28.35	1.0 oz	0.056
18039	Bread, oatmeal	28.35	1.0 oz	0.043
18040	Bread, oatmeal, toasted	28.35	1.0 oz	0.047
18041	Bread, pita, white, enriched	60.0	1.0 pita, large (6-1/2" dia)	0.096
18413	Bread, pita, white, unenriched	28.35	1.0 oz	0.045
18042	Bread, pita, whole-wheat	64.0	1.0 pita, large (6-1/2" dia)	0.098
18971	Bread, potato	32.0	1.0 slice	0.036
18954	Bread, pound cake type, pan de torta salvadoran	55.0	1.0 serving	0.099
18043	Bread, protein (includes gluten)	28.35	1.0 oz	0.056
18383	Bread, protein, (includes gluten), toasted	28.35	1.0 oz	0.062
18044	Bread, pumpernickel	28.35	1.0 oz	0.044
18045	Bread, pumpernickel, toasted	28.35	1.0 oz	0.048
18047	Bread, raisin, enriched	28.35	1.0 oz	0.036
18048	Bread, raisin, enriched, toasted	28.35	1.0 oz	0.039
18414	Bread, raisin, unenriched	28.35	1.0 oz	0.036
18049	Bread, reduced-calorie, oat bran	28.35	1.0 oz	0.040
18050	Bread, reduced-calorie, oat bran, toasted	28.35	1.0 oz	0.047
18051	Bread, reduced-calorie, oatmeal	28.35	1.0 oz	0.039
18053	Bread, reduced-calorie, rye	28.35	1.0 oz	0.044
18057	Bread, reduced-calorie, white	28.35	1.0 oz	0.045
18059	Bread, rice bran	28.35	1.0 oz	0.044
18384	Bread, rice bran, toasted	28.35	1.0 oz	0.048
18060	Bread, rye	28.35	1.0 oz	0.039
18061	Bread, rye, toasted	28.35	1.0 oz	0.043
18953	Bread, salvadoran sweet cheese (quesadilla salvadorena)	55.0	1.0 serving (approximate serving size)	0.154
18066	Bread, wheat bran	28.35	1.0 oz	0.043
18385	Bread, wheat germ, toasted	28.35	1.0 oz	0.054
18065	Bread, wheat, toasted	28.35	1.0 oz	0.030
18416	Bread, white, commercially prepared, low sodium, no salt	28.35	1.0 oz	0.041
18070	Bread, white, commercially prepared, toasted	28.35	1.0 oz	0.045
18432	Bread, white, commercially prepared, toasted, low sodium no salt	28.35	1.0 oz	0.045
18073	Bread, white, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.042
18071	Bread, white, prepared from recipe, made with nonfat dry milk	28.35	1.0 oz	0.040
18076	Bread, whole-wheat, commercially prepared, toasted	28.35	1.0 oz	0.029

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
18077	Bread, whole-wheat, prepared from recipe	28.35	1.0 oz	0.039
18078	Bread, whole-wheat, prepared from recipe, toasted	28.35	1.0 oz	0.042
09059	Breadfruit, raw	220.0	1.0 cup	0.022
16054	Broadbeans (fava beans), mature seeds, canned	256.0	1.0 cup	0.115
16353	Broadbeans (fava beans), mature seeds, cooked, boiled, with salt	170.0	1.0 cup	0.105
16053	Broadbeans (fava beans), mature seeds, cooked, boiled, without salt	170.0	1.0 cup	0.105
16052	Broadbeans (fava beans), mature seeds, raw	150.0	1.0 cup	0.320
11088	Broadbeans, immature seeds, raw	109.0	1.0 cup	0.047
11097	Broccoli raab, cooked	85.0	1.0 NLEA serving	0.049
11096	Broccoli raab, raw	40.0	1.0 cup chopped	0.019
11742	Broccoli, cooked, boiled, drained, with salt	78.0	0.5 cup, chopped	0.034
11091	Broccoli, cooked, boiled, drained, without salt	78.0	0.5 cup, chopped	0.034
11740	Broccoli, flower clusters, raw	71.0	1.0 cup flowerets	0.024
11743	Broccoli, frozen, chopped, cooked, boiled, drained, with salt	184.0	1.0 cup	0.068
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184.0	1.0 cup	0.068
11092	Broccoli, frozen, chopped, unprepared	156.0	1.0 cup	0.053
11744	Broccoli, frozen, spears, cooked, boiled, drained, with salt	92.0	0.5 cup	0.034
11095	Broccoli, frozen, spears, cooked, boiled, drained, without salt	92.0	0.5 cup	0.034
11094	Broccoli, frozen, spears, unprepared	95.0	0.33 package (10 oz)	0.035
11090	Broccoli, raw	91.0	1.0 cup chopped	0.035
11741	Broccoli, stalks, raw	114.0	1.0 stalk	0.039
07015	Brotwurst, pork, beef, link	70.0	1.0 link	0.259
11745	Brussels sprouts, cooked, boiled, drained, with salt	21.0	1.0 sprout	0.005
11099	Brussels sprouts, cooked, boiled, drained, without salt	21.0	1.0 sprout	0.005
11746	Brussels sprouts, frozen, cooked, boiled, drained, with salt	155.0	1.0 cup	0.054
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155.0	1.0 cup	0.054
11100	Brussels sprouts, frozen, unprepared	95.0	0.33 package (10 oz)	0.034
11098	Brussels sprouts, raw	88.0	1.0 cup	0.028
20008	Buckwheat	170.0	1.0 cup	0.292
20011	Buckwheat flour, whole-groat	120.0	1.0 cup	0.197
20010	Buckwheat groats, roasted, cooked	168.0	1.0 cup	0.074
20009	Buckwheat groats, roasted, dry	164.0	1.0 cup	0.251
20013	Bulgur, cooked	182.0	1.0 cup	0.087
20012	Bulgur, dry	140.0	1.0 cup	0.266
11747	Burdock root, cooked, boiled, drained, with salt	125.0	1.0 cup (1" pieces)	0.015
11105	Burdock root, cooked, boiled, drained, without salt	125.0	1.0 cup (1" pieces)	0.015

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
11104	Burdock root, raw	118.0	1.0 cup (1" pieces)	0.011
21251	BURGER KING, Cheeseburger	133.0	1.0 item	0.399
21256	BURGER KING, Chicken Strips	36.0	1.0 strip	0.176
21385	BURGER KING, CROISSAN'WICH with Egg and Cheese	110.0	1.0 item	0.254
21384	BURGER KING, CROISSAN'WICH with Sausage and Cheese	131.0	1.0 item	0.342
21383	BURGER KING, CROISSAN'WICH with Sausage, Egg and Cheese	171.0	1.0 sandwich	0.496
21254	BURGER KING, DOUBLE WHOPPER, no cheese	374.0	1.0 item	1.010
21255	BURGER KING, DOUBLE WHOPPER, with cheese	399.0	1.0 item	1.157
21249	BURGER KING, french fries	74.0	1.0 small serving	0.044
21386	BURGER KING, french toast sticks	21.0	1.0 stick	0.018
21387	BURGER KING, Hash Brown Rounds	5.6	1.0 piece	0.002
21259	BURGER KING, Original Chicken Sandwich	199.0	1.0 sandwich	0.537
21258	BURGER KING, Premium Fish Sandwich	220.0	1.0 sandwich	0.515
21252	BURGER KING, WHOPPER, no cheese	291.0	1.0 item	0.605
21253	BURGER KING, WHOPPER, with cheese	316.0	1.0 item	0.822
01003	Butter oil, anhydrous	12.8	1.0 tbsp	0.001
01001	Butter, salted	5.0	1.0 pat (1" sq, 1/3" high)	0.001
01002	Butter, whipped, with salt	3.8	1.0 pat (1" sq, 1/3" high)	0.001
01145	Butter, without salt	5.0	1.0 pat (1" sq, 1/3" high)	0.001
11754	Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	170.0	1.0 cup, shredded	0.015
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170.0	1.0 cup, shredded	0.015
11116	Cabbage, chinese (pak-choi), raw	70.0	1.0 cup, shredded	0.006
11755	Cabbage, chinese (pe-tsai), cooked, boiled, drained, with salt	119.0	1.0 cup, shredded	0.011
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119.0	1.0 cup, shredded	0.011
11119	Cabbage, chinese (pe-tsai), raw	76.0	1.0 cup, shredded	0.005
11749	Cabbage, common (danish, domestic, and pointed types), freshly harvest, raw	35.0	0.5 cup, shredded	0.004
11750	Cabbage, common (danish, domestic, and pointed types), stored, raw	35.0	0.5 cup, shredded	0.004
11751	Cabbage, common, cooked, boiled, drained, with salt	75.0	0.5 cup, shredded	0.009
11110	Cabbage, cooked, boiled, drained, without salt	75.0	0.5 cup, shredded	0.009
11109	Cabbage, raw	89.0	1.0 cup, chopped	0.011
11752	Cabbage, red, cooked, boiled, drained, with salt	22.0	1.0 leaf	0.003
11113	Cabbage, red, cooked, boiled, drained, without salt	22.0	1.0 leaf	0.003
11112	Cabbage, red, raw	89.0	1.0 cup, chopped	0.012
11753	Cabbage, savoy, cooked, boiled, drained, with salt	145.0	1.0 cup, shredded	0.026
11115	Cabbage, savoy, cooked, boiled, drained, without salt	145.0	1.0 cup, shredded	0.026
11114	Cabbage, savoy, raw	70.0	1.0 cup, shredded	0.014

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
18086	Cake, angelfood, commercially prepared	28.0	1.0 piece (1/12 of 12 oz cake)	0.051
18087	Cake, angelfood, dry mix	38.0	1.0 serving	0.106
18088	Cake, angelfood, dry mix, prepared	50.0	1.0 piece (1/12 of 10" dia)	0.096
18090	Cake, boston cream pie, commercially prepared	28.35	1.0 oz	0.015
18095	Cake, cherry fudge with chocolate frosting	28.35	1.0 oz	0.013
18096	Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery	138.0	1.0 piece (1/12 of a cake)	0.117
18101	Cake, chocolate, prepared from recipe without frosting	95.0	1.0 piece (1/12 of 9" dia)	0.110
18110	Cake, fruitcake, commercially prepared	28.35	1.0 oz	0.017
18114	Cake, gingerbread, dry mix	28.35	1.0 oz	0.019
18116	Cake, gingerbread, prepared from recipe	28.35	1.0 oz	0.023
18119	Cake, pineapple upside-down, prepared from recipe	28.35	1.0 oz	0.021
18120	Cake, pound, commercially prepared, butter (includes fresh and frozen)	61.0	0.167 loaf 1/6 of the loaf	0.071
18451	Cake, pound, commercially prepared, fat-free	28.35	1.0 oz	0.042
18121	Cake, pound, commercially prepared, other than all butter, enriched	30.0	1.0 piece (1/10 of 10.6 oz cake)	0.038
18418	Cake, pound, commercially prepared, other than all butter, unenriched	30.0	1.0 piece (1/10 of 10.6 oz cake)	0.038
18092	Cake, pudding-type, carrot, dry mix	28.35	1.0 oz	0.024
18097	Cake, pudding-type, chocolate, dry mix	28.35	1.0 oz	0.020
18112	Cake, pudding-type, german chocolate, dry mix	43.0	1.0 serving	0.024
18117	Cake, pudding-type, marble, dry mix	28.35	1.0 oz	0.014
18135	Cake, pudding-type, white, enriched, dry mix	28.35	1.0 oz	0.020
18419	Cake, pudding-type, white, unenriched, dry mix	28.35	1.0 oz	0.020
18142	Cake, pudding-type, yellow, dry mix	28.35	1.0 oz	0.020
18126	Cake, shortcake, biscuit-type, prepared from recipe	28.35	1.0 oz	0.033
18127	Cake, snack cakes, creme-filled, chocolate with frosting	28.35	1.0 oz	0.015
18128	Cake, snack cakes, creme-filled, sponge	28.35	1.0 oz	0.018
18133	Cake, sponge, commercially prepared	28.35	1.0 oz	0.036
18134	Cake, sponge, prepared from recipe	28.35	1.0 oz	0.054
18131	Cake, white, dry mix, special dietary (includes lemon-flavored)	28.35	1.0 oz	0.014
18102	Cake, white, prepared from recipe with coconut frosting	28.35	1.0 oz	0.030
18139	Cake, white, prepared from recipe without frosting	74.0	1.0 piece (1/12 of 9" dia)	0.095
18141	Cake, yellow, commercially prepared, with vanilla frosting	67.0	1.0 serving	0.058
18144	Cake, yellow, enriched, dry mix	43.0	1.0 serving	0.035
18453	Cake, yellow, light, dry mix	28.35	1.0 oz	0.021
18146	Cake, yellow, prepared from recipe without frosting	68.0	1.0 piece (1/12 of 8" dia)	0.082
18420	Cake, yellow, unenriched, dry mix	28.35	1.0 oz	0.023
06338	CAMPBELL'S, Cream of Mushroom Soup, condensed	129.0	0.5 cup condensed	0.023

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
10998	Canadian bacon, cooked, pan-fried	13.8	1.0 slice	0.105
10130	Canadian bacon, unprepared	85.0	3.0 oz	0.472
19074	Candies, caramels	71.0	1.0 package (2.5 oz)	0.076
19109	Candies, KIT KAT Wafer Bar	42.0	1.0 bar (1.5 oz)	0.067
19116	Candies, marshmallows	50.0	1.0 cup of miniature	0.008
19913	Candies, NESTLE, BUTTERFINGER Crisp	60.0	1.0 piece	0.050
19147	Candies, peanut bar	28.35	1.0 oz	0.052
19080	Candies, semisweet chocolate	14.5	1.0 serving	0.006
19701	Candies, semisweet chocolate, made with butter	170.0	1.0 cup chips (6 oz package)	0.075
19081	Candies, sweet chocolate	28.35	1.0 oz	0.011
19064	Candies, TOOTSIE ROLL, chocolate-flavor roll	40.0	1.0 serving 6 pieces	0.004
09060	Carambola, (starfruit), raw	132.0	1.0 cup, cubes	0.028
14130	Carbonated beverage, cream soda	30.9	1.0 fl oz	0.000
16055	Carob flour	103.0	1.0 cup	0.083
36053	CARRABBA'S ITALIAN GRILL, cheese ravioli with marinara sauce	365.0	1.0 serving varied from 8 to 10 ravioli per serving	0.679
36057	CARRABBA'S ITALIAN GRILL, chicken parmesan without cavatappi pasta	339.0	1.0 serving	1.654
36043	CARRABBA'S ITALIAN GRILL, lasagne	437.0	1.0 serving	1.075
36632	CARRABBA'S ITALIAN GRILL, spaghetti with meat sauce	537.0	1.0 serving	0.526
36048	CARRABBA'S ITALIAN GRILL, spaghetti with pomodoro sauce	489.0	1.0 serving	0.264
11683	Carrot, dehydrated	74.0	1.0 cup	0.041
11960	Carrots, baby, raw	15.0	1.0 large	0.001
11759	Carrots, canned, no salt added, drained solids	146.0	1.0 cup, sliced	0.006
11758	Carrots, canned, no salt added, solids and liquids	123.0	0.5 cup slices	0.016
11128	Carrots, canned, regular pack, drained solids	146.0	1.0 cup, sliced	0.020
11126	Carrots, canned, regular pack, solids and liquids	123.0	0.5 cup slices	0.005
11757	Carrots, cooked, boiled, drained, with salt	9.7	1.0 tbsp	0.002
11125	Carrots, cooked, boiled, drained, without salt	9.7	1.0 tbsp	0.002
11760	Carrots, frozen, cooked, boiled, drained, with salt	146.0	1.0 cup slices	0.019
11131	Carrots, frozen, cooked, boiled, drained, without salt	146.0	1.0 cup, sliced	0.019
11130	Carrots, frozen, unprepared	64.0	0.5 cup slices	0.004
11124	Carrots, raw	128.0	1.0 cup chopped	0.026
11134	Cassava, raw	206.0	1.0 cup	0.023
11935	Catsup	17.0	1.0 tbsp	0.001
11949	Catsup, low sodium	17.0	1.0 tbsp	0.001
11761	Cauliflower, cooked, boiled, drained, with salt	62.0	0.5 cup (1" pieces)	0.016
11136	Cauliflower, cooked, boiled, drained, without salt	62.0	0.5 cup (1" pieces)	0.016

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
11762	Cauliflower, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup (1" pieces)	0.041
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup (1" pieces)	0.041
11137	Cauliflower, frozen, unprepared	66.0	0.5 cup (1" pieces)	0.018
11967	Cauliflower, green, cooked, no salt added	90.0	0.2 head	0.039
11968	Cauliflower, green, cooked, with salt	62.0	0.5 cup (1" pieces)	0.027
11965	Cauliflower, green, raw	64.0	1.0 cup	0.027
11135	Cauliflower, raw	107.0	1.0 cup chopped (1/2" pieces)	0.021
11764	Celery, cooked, boiled, drained, with salt	150.0	1.0 cup, diced	0.010
11144	Celery, cooked, boiled, drained, without salt	150.0	1.0 cup, diced	0.010
11143	Celery, raw	101.0	1.0 cup chopped	0.005
11145	Celtuce, raw	8.0	1.0 leaf	0.001
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	28.0	1.0 cup (1 NLEA serving)	0.050
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	31.0	0.75 cup (1 NLEA serving)	0.026
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30.0	1.25 cup (1 NLEA serving)	0.040
08037	Cereals ready-to-eat, granola, homemade	122.0	1.0 cup	0.274
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	31.0	0.5 cup (1 NLEA serving)	0.053
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	28.0	1.0 cup (1 NLEA serving)	0.024
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31.0	0.75 cup (1 NLEA serving)	0.028
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28.0	1.0 cup (1 NLEA serving)	0.038
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	29.0	1.0 cup (1 NLEA serving)	0.023
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	30.0	0.75 cup (1 NLEA serving)	0.020
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	59.0	1.0 cup (1 NLEA serving)	0.051
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33.0	1.25 cup (1 NLEA serving)	0.034
08478	Cereals ready-to-eat, MALT-O-MEAL, GOLDEN PUFFS	27.0	0.75 cup (1 NLEA serving)	0.025
08061	Cereals ready-to-eat, POST Raisin Bran Cereal	59.0	1.0 cup (1 NLEA serving)	0.049
43570	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, honey roasted	30.0	0.75 cup (1 NLEA serving)	0.030
08147	Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit	47.0	2.0 biscuits (1 NLEA serving)	0.080
08505	Cereals ready-to-eat, RALSTON Corn Biscuits	30.0	1.0 cup (NLEA serving)	0.031
08506	Cereals ready-to-eat, RALSTON Corn Flakes	28.0	1.0 cup (1 NLEA serving)	0.031
08025	Cereals ready-to-eat, RALSTON CRISP RICE	33.0	1.25 cup (1 NLEA serving)	0.047
08507	Cereals ready-to-eat, RALSTON Crispy Hexagons	29.0	1.0 cup (1 NLEA serving)	0.039
08504	Cereals ready-to-eat, RALSTON Enriched Wheat Bran flakes	29.0	1.0 serving (NLEA serving size = 0.75 cup)	0.037
08074	Cereals ready-to-eat, RALSTON TASTEEOS	28.0	1.0 cup (1 NLEA serving)	0.041
08156	Cereals ready-to-eat, rice, puffed, fortified	14.0	1.0 cup	0.026
08508	Cereals ready-to-eat, USDA Commodity Corn and Rice (includes all commodity brands)	29.0	1.0 cup	0.038
08509	Cereals ready-to-eat, USDA Commodity Rice Crisps (includes all commodity brands)	28.0	1.0 cup (1 NLEA serving)	0.039

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
08084	Cereals ready-to-eat, wheat germ, toasted, plain	28.35	1.0 oz	0.163
08157	Cereals ready-to-eat, wheat, puffed, fortified	12.0	1.0 cup	0.031
08161	Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt	257.0	1.0 cup	0.095
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	257.0	1.0 cup	0.095
08090	Cereals, corn grits, white, regular and quick, enriched, dry	9.7	1.0 tbsp	0.018
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	233.0	1.0 cup	0.070
08159	Cereals, corn grits, yellow, regular and quick, enriched, dry	170.0	1.0 cup	0.313
08160	Cereals, corn grits, yellow, regular and quick, unenriched, dry	9.7	1.0 tbsp	0.018
08165	Cereals, corn grits, yellow, regular, quick, enriched, cooked with water, with salt	233.0	1.0 cup	0.070
08168	Cereals, CREAM OF RICE, cooked with water, with salt	244.0	1.0 cup	0.063
08101	Cereals, CREAM OF RICE, cooked with water, without salt	244.0	1.0 cup	0.063
08100	Cereals, CREAM OF RICE, dry	45.0	0.25 cup (1 NLEA serving)	0.084
08578	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, microwaved, without salt	237.0	1.0 cup	0.154
08577	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, stove-top, without salt	245.0	1.0 cup	0.086
08576	Cereals, CREAM OF WHEAT, 1 minute cook time, dry	33.0	3.0 tablespoon (1 serving)	0.059
08575	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, microwaved, without salt	231.0	1.0 cup	0.088
08574	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, stove-top, without salt	244.0	1.0 cup	0.071
08573	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, dry	33.0	3.0 tablespoon (1 NLEA serving)	0.062
08106	Cereals, CREAM OF WHEAT, instant, dry	11.5	1.0 tbsp	0.023
08107	Cereals, CREAM OF WHEAT, instant, prepared with water, without salt	241.0	1.0 cup	0.082
08169	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, with salt	251.0	1.0 cup (1 serving)	0.068
08103	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt	251.0	1.0 cup (1 serving)	0.068
08102	Cereals, CREAM OF WHEAT, regular, 10 minute cooking, dry	10.6	1.0 tbsp	0.021
08105	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), cooked with water, without salt	240.0	1.0 cup	0.091
08104	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), dry	11.0	1.0 tbsp	0.020
08173	Cereals, farina, enriched, cooked with water, with salt	233.0	1.0 cup	0.086
08113	Cereals, farina, enriched, cooked with water, without salt	240.0	1.0 cup	0.089
08172	Cereals, farina, unenriched, dry	10.9	1.0 tbsp	0.018
08122	Cereals, oats, instant, fortified, plain, dry	28.0	1.0 packet	0.060
08123	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	234.0	1.0 cup, cooked	0.094
08120	Cereals, oats, regular and quick, not fortified, dry	81.0	1.0 cup	0.168
08121	Cereals, oats, regular and quick, unenriched, cooked with water (includes boiling and microwaving), without salt	234.0	1.0 cup	0.108
08093	Cereals, QUAKER, corn grits, instant, plain, prepared (microwaved or boiling water added), without salt	219.0	1.0 cup	0.064

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
11765	Chard, swiss, cooked, boiled, drained, with salt	175.0	1.0 cup, chopped	0.035
11148	Chard, swiss, cooked, boiled, drained, without salt	175.0	1.0 cup, chopped	0.035
11147	Chard, swiss, raw	36.0	1.0 cup	0.007
11766	Chayote, fruit, cooked, boiled, drained, with salt	160.0	1.0 cup (1" pieces)	0.002
11150	Chayote, fruit, cooked, boiled, drained, without salt	160.0	1.0 cup (1" pieces)	0.002
11149	Chayote, fruit, raw	132.0	1.0 cup (1" pieces)	0.001
01045	Cheese food, cold pack, American	28.35	1.0 oz	0.144
01046	Cheese food, pasteurized process, American, vitamin D fortified	113.0	1.0 cup	0.429
01254	Cheese food, pasteurized process, American, without added vitamin D	113.0	1.0 cup	0.429
01047	Cheese food, pasteurized process, swiss	28.35	1.0 oz	0.161
01164	Cheese sauce, prepared from recipe	30.0	2.0 tbsp	0.073
01048	Cheese spread, pasteurized process, American	140.0	1.0 cup, diced	0.753
01161	Cheese substitute, mozzarella	113.0	1.0 cup, shredded	0.319
01004	Cheese, blue	28.35	1.0 oz	0.166
01005	Cheese, brick	132.0	1.0 cup, diced	0.746
01006	Cheese, brie	28.35	1.0 oz	0.168
01007	Cheese, camembert	28.35	1.0 oz	0.160
01008	Cheese, caraway	28.35	1.0 oz	0.187
01009	Cheese, cheddar	132.0	1.0 cup, diced	0.722
01270	Cheese, cheddar, sharp, sliced	19.0	1.0 slice (2/3 oz)	0.112
01010	Cheese, cheshire	28.35	1.0 oz	0.174
01011	Cheese, colby	132.0	1.0 cup, diced	0.821
01012	Cheese, cottage, creamed, large or small curd	113.0	4.0 oz	0.304
01013	Cheese, cottage, creamed, with fruit	113.0	4.0 oz	0.362
01016	Cheese, cottage, lowfat, 1% milkfat	113.0	4.0 oz	0.421
01015	Cheese, cottage, lowfat, 2% milkfat	113.0	4.0 oz	0.286
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145.0	1.0 cup (not packed)	0.362
43273	Cheese, cottage, with vegetables	113.0	4.0 oz	0.406
01017	Cheese, cream	14.5	1.0 tbsp	0.028
01186	Cheese, cream, fat free	18.0	1.0 tbsp	0.091
43274	Cheese, cream, low fat	15.0	1.0 tbsp	0.038
01018	Cheese, edam	28.35	1.0 oz	0.204
01019	Cheese, feta	150.0	1.0 cup, crumbled	0.552
01020	Cheese, fontina	132.0	1.0 cup, diced	0.932
01021	Cheese, gjetost	28.35	1.0 oz	0.090
01156	Cheese, goat, hard type	28.35	1.0 oz	0.230

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
01157	Cheese, goat, semisoft type	28.35	1.0 oz	0.163
01159	Cheese, goat, soft type	28.35	1.0 oz	0.140
01022	Cheese, gouda	28.35	1.0 oz	0.204
01023	Cheese, gruyere	28.35	1.0 oz	0.233
01024	Cheese, limburger	134.0	1.0 cup	0.829
01168	Cheese, low fat, cheddar or colby	132.0	1.0 cup, diced	0.776
01169	Cheese, low-sodium, cheddar or colby	132.0	1.0 cup, diced	0.776
01251	Cheese, Mexican blend	28.0	0.25 cup shredded	0.168
01165	Cheese, mexican, queso anejo	132.0	1.0 cup, crumbled	0.714
01166	Cheese, mexican, queso asadero	132.0	1.0 cup, diced	0.783
01167	Cheese, mexican, queso chihuahua	132.0	1.0 cup, diced	0.803
01025	Cheese, monterey	132.0	1.0 cup, diced	0.846
01029	Cheese, mozzarella, low moisture, part-skim	132.0	1.0 cup, diced	0.727
01271	Cheese, mozzarella, low moisture, part-skim, shredded	86.0	1.0 cup	0.492
01028	Cheese, mozzarella, part skim milk	28.35	1.0 oz	0.192
01026	Cheese, mozzarella, whole milk	112.0	1.0 cup, shredded	0.577
01027	Cheese, mozzarella, whole milk, low moisture	28.35	1.0 oz	0.171
01030	Cheese, muenster	132.0	1.0 cup, diced	0.751
01031	Cheese, neufchatel	28.35	1.0 oz	0.083
01204	Cheese, parmesan, dry grated, reduced fat	100.0	1.0 cup	0.369
01032	Cheese, parmesan, grated	100.0	1.0 cup	0.751
01033	Cheese, parmesan, hard	28.35	1.0 oz	0.272
01146	Cheese, parmesan, shredded	5.0	1.0 tbsp	0.056
01042	Cheese, pasteurized process, American, fortified with vitamin D	28.35	1.0 oz	0.135
01253	Cheese, pasteurized process, American, without added vitamin D	28.35	1.0 oz	0.135
01043	Cheese, pasteurized process, pimento	140.0	1.0 cup, diced	0.801
01044	Cheese, pasteurized process, swiss	140.0	1.0 cup, diced	0.896
01034	Cheese, port de salut	132.0	1.0 cup, diced	0.969
01035	Cheese, provolone	132.0	1.0 cup, diced	0.906
01208	Cheese, provolone, reduced fat	132.0	1.0 cup, diced	0.906
01037	Cheese, ricotta, part skim milk	124.0	0.5 cup	0.352
01036	Cheese, ricotta, whole milk	124.0	0.5 cup	0.348
01038	Cheese, romano	28.35	1.0 oz	0.242
01039	Cheese, roquefort	28.35	1.0 oz	0.158
01040	Cheese, swiss	132.0	1.0 cup, diced	1.035
01041	Cheese, tilsit	28.35	1.0 oz	0.214

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
18147	Cheesecake commercially prepared	28.35	1.0 oz	0.039
18148	Cheesecake prepared from mix, no-bake type	28.35	1.0 oz	0.033
07016	Cheesefurter, cheese smokie, pork, beef	100.0	2.33 links	0.360
09062	Cherimoya, raw	160.0	1.0 cup, pieces	0.034
09070	Cherries, sweet, raw	138.0	1.0 cup, with pits, yields	0.014
05326	Chicken breast tenders, breaded, cooked, microwaved	15.0	1.0 piece	0.050
05327	Chicken breast tenders, breaded, uncooked	15.0	1.0 piece	0.045
07961	Chicken breast, deli, rotisserie seasoned, sliced, prepackaged	12.0	1.0 slice	0.059
07932	Chicken breast, fat-free, mesquite flavor, sliced	42.0	1.0 serving 2 slices	0.184
07933	Chicken breast, oven-roasted, fat-free, sliced	42.0	1.0 serving 2 slices	0.184
05324	Chicken patty, frozen, cooked	60.0	1.0 patty	0.181
05323	Chicken patty, frozen, uncooked	60.0	1.0 patty	0.175
22906	Chicken pot pie, frozen entree, prepared	302.0	1.0 pie	0.290
07018	Chicken spread	56.0	1.0 serving (1 serving)	0.263
22978	Chicken tenders, breaded, frozen, prepared	21.0	1.0 piece	0.060
05746	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, braised	85.0	3.0 oz	0.709
05747	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled	85.0	3.0 oz	0.675
05062	Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw	85.0	3.0 oz	0.497
05748	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, braised	85.0	3.0 oz	0.624
05749	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, grilled	85.0	3.0 oz	0.652
05357	Chicken, broiler, rotisserie, BBQ, back meat and skin	85.0	3.0 oz	0.456
05693	Chicken, broiler, rotisserie, BBQ, back meat only	85.0	3.0 oz	0.506
05358	Chicken, broiler, rotisserie, BBQ, breast meat and skin	85.0	3.0 oz	0.655
05000	Chicken, broiler, rotisserie, BBQ, breast meat only	85.0	3.0 oz	0.708
05359	Chicken, broiler, rotisserie, BBQ, drumstick meat and skin	71.0	1.0 drumstick	0.498
05319	Chicken, broiler, rotisserie, BBQ, drumstick, meat only	71.0	1.0 drumstick	0.548
05356	Chicken, broiler, rotisserie, BBQ, skin	85.0	1.0 serving	0.296
05361	Chicken, broiler, rotisserie, BBQ, thigh meat and skin	95.0	1.0 thigh	0.537
05334	Chicken, broiler, rotisserie, BBQ, thigh, meat only	95.0	1.0 thigh	0.580
05362	Chicken, broiler, rotisserie, BBQ, wing meat and skin	51.0	1.0 wing	0.324
05339	Chicken, broiler, rotisserie, BBQ, wing, meat only	51.0	1.0 wing	0.413
05049	Chicken, broilers or fryers, back, meat and skin, cooked, fried, batter	72.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.413
05050	Chicken, broilers or fryers, back, meat and skin, cooked, fried, flour	44.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.323
05051	Chicken, broilers or fryers, back, meat and skin, cooked, roasted	32.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.216
05347	Chicken, broilers or fryers, back, meat and skin, cooked, rotisserie, original seasoning	102.0	1.0 back	0.732
05052	Chicken, broilers or fryers, back, meat and skin, cooked, stewed	85.0	3.0 oz	0.490

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
05048	Chicken, broilers or fryers, back, meat and skin, raw	59.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.213
05054	Chicken, broilers or fryers, back, meat only, cooked, fried	35.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.288
05055	Chicken, broilers or fryers, back, meat only, cooked, roasted	24.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.187
05341	Chicken, broilers or fryers, back, meat only, cooked, rotisserie, original seasoning	85.0	1.0 serving (3 oz)	0.663
05056	Chicken, broilers or fryers, back, meat only, cooked, stewed	26.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.182
05053	Chicken, broilers or fryers, back, meat only, raw	31.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.168
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	84.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.552
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	59.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.509
05060	Chicken, broilers or fryers, breast, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	1.130
05348	Chicken, broilers or fryers, breast, meat and skin, cooked, rotisserie, original seasoning	85.0	1.0 serving (3 oz)	0.774
05061	Chicken, broilers or fryers, breast, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	1.037
05057	Chicken, broilers or fryers, breast, meat and skin, raw	87.0	0.5 breast, bone removed (yield from 1 lb ready-to-cook chicken)	0.490
05063	Chicken, broilers or fryers, breast, meat only, cooked, fried	52.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.481
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	1.203
05342	Chicken, broilers or fryers, breast, meat only, cooked, rotisserie, original seasoning	85.0	3.0 oz	0.734
05065	Chicken, broilers or fryers, breast, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	1.123
05314	Chicken, broilers or fryers, breast, skinless, boneless, meat only, with added solution, raw	85.0	3.0 oz	0.437
05676	Chicken, broilers or fryers, dark meat, drumstick, meat and skin, cooked, braised	95.0	1.0 drumstick without skin	0.597
05671	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, braised	95.0	1.0 drumstick without skin	0.651
05073	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, roasted	96.0	1.0 drumstick without skin	0.665
05071	Chicken, broilers or fryers, dark meat, drumstick, meat only, raw	130.0	1.0 drumstick with skin	0.722
05035	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, batter	85.0	3.0 oz	0.488
05036	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, flour	110.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.798
05037	Chicken, broilers or fryers, dark meat, meat and skin, cooked, roasted	101.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.695
05038	Chicken, broilers or fryers, dark meat, meat and skin, cooked, stewed	110.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.685
05034	Chicken, broilers or fryers, dark meat, meat and skin, raw	85.0	3.0 oz	0.375
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	140.0	1.0 cup	1.119
05045	Chicken, broilers or fryers, dark meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	1.060
05046	Chicken, broilers or fryers, dark meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	1.007
05043	Chicken, broilers or fryers, dark meat, meat only, raw	109.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.606
05677	Chicken, broilers or fryers, dark meat, thigh, meat and skin, cooked, braised	111.0	1.0 thigh without skin	0.594
05672	Chicken, broilers or fryers, dark meat, thigh, meat only, cooked, braised	111.0	1.0 thigh without skin	0.673
05096	Chicken, broilers or fryers, dark meat, thigh, meat only, raw	149.0	1.0 thigh without skin	0.837
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	43.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.250
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	29.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.210

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
05069	Chicken, broilers or fryers, drumstick, meat and skin, cooked, roasted	105.0	1.0 drumstick with skin (yield from 1 lb ready-to-cook chicken)	0.677
05349	Chicken, broilers or fryers, drumstick, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	0.402
05070	Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.952
05066	Chicken, broilers or fryers, drumstick, meat and skin, raw	133.0	1.0 drumstick with skin	0.668
05072	Chicken, broilers or fryers, drumstick, meat only, cooked, fried	25.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.198
05343	Chicken, broilers or fryers, drumstick, meat only, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	0.425
05074	Chicken, broilers or fryers, drumstick, meat only, cooked, stewed	85.0	3.0 oz	0.647
05021	Chicken, broilers or fryers, giblets, cooked, fried	145.0	1.0 cup, chopped or diced	1.174
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145.0	1.0 cup chopped or dice	0.389
05020	Chicken, broilers or fryers, giblets, raw	23.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.103
05076	Chicken, broilers or fryers, leg, meat and skin, cooked, fried, batter	95.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.545
05077	Chicken, broilers or fryers, leg, meat and skin, cooked, fried, flour	67.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.481
05078	Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	85.0	3.0 oz	0.576
05079	Chicken, broilers or fryers, leg, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.904
05075	Chicken, broilers or fryers, leg, meat and skin, raw	85.0	3.0 oz	0.373
05081	Chicken, broilers or fryers, leg, meat only, cooked, fried	56.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.439
05082	Chicken, broilers or fryers, leg, meat only, cooked, roasted	85.0	3.0 oz	0.586
05083	Chicken, broilers or fryers, leg, meat only, cooked, stewed	85.0	3.0 oz	0.618
05080	Chicken, broilers or fryers, leg, meat only, raw	85.0	3.0 oz	0.464
05030	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, batter	113.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.696
05031	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, flour	78.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.636
05032	Chicken, broilers or fryers, light meat, meat and skin, cooked, roasted	79.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.613
05033	Chicken, broilers or fryers, light meat, meat and skin, cooked, stewed	90.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.629
05029	Chicken, broilers or fryers, light meat, meat and skin, raw	116.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.628
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	140.0	1.0 cup	1.271
05041	Chicken, broilers or fryers, light meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	1.197
05042	Chicken, broilers or fryers, light meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	1.119
05039	Chicken, broilers or fryers, light meat, meat only, raw	88.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.565
05002	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, batter	85.0	3.0 oz	0.507
05003	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, flour	85.0	3.0 oz	0.643
05001	Chicken, broilers or fryers, meat and skin and giblets and neck, raw	85.0	3.0 oz	0.410
05004	Chicken, broilers or fryers, meat and skin and giblets and neck, roasted	85.0	3.0 oz	0.601
05005	Chicken, broilers or fryers, meat and skin and giblets and neck, stewed	85.0	3.0 oz	0.551
05007	Chicken, broilers or fryers, meat and skin, cooked, fried, batter	85.0	3.0 oz	0.502
05008	Chicken, broilers or fryers, meat and skin, cooked, fried, flour	85.0	3.0 oz	0.648

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
05009	Chicken, broilers or fryers, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	1.016
05010	Chicken, broilers or fryers, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.920
05006	Chicken, broilers or fryers, meat and skin, raw	85.0	3.0 oz	0.419
05012	Chicken, broilers or fryers, meat only, cooked, fried	140.0	1.0 cup, chopped or diced	1.182
05011	Chicken, broilers or fryers, meat only, raw	85.0	3.0 oz	0.503
05013	Chicken, broilers or fryers, meat only, roasted	140.0	1.0 cup, chopped or diced	1.121
05014	Chicken, broilers or fryers, meat only, stewed	140.0	1.0 cup, chopped or diced	1.057
05087	Chicken, broilers or fryers, neck, meat and skin, cooked simmered	11.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.053
05085	Chicken, broilers or fryers, neck, meat and skin, cooked, fried, batter	16.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.079
05086	Chicken, broilers or fryers, neck, meat and skin, cooked, fried, flour	11.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.067
05084	Chicken, broilers or fryers, neck, meat and skin, raw	15.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.050
05089	Chicken, broilers or fryers, neck, meat only, cooked, fried	7.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.052
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	5.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.034
05088	Chicken, broilers or fryers, neck, meat only, raw	6.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.029
05047	Chicken, broilers or fryers, separable fat, raw	12.8	1.0 tbsp	0.010
05016	Chicken, broilers or fryers, skin only, cooked, fried, batter	114.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.234
05017	Chicken, broilers or fryers, skin only, cooked, fried, flour	33.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.125
05018	Chicken, broilers or fryers, skin only, cooked, roasted	34.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.138
05344	Chicken, broilers or fryers, skin only, cooked, rotisserie, original seasoning	28.35	1.0 oz	0.157
05019	Chicken, broilers or fryers, skin only, cooked, stewed	44.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.134
05015	Chicken, broilers or fryers, skin only, raw	47.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.125
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	52.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.295
05093	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, flour	38.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.271
05094	Chicken, broilers or fryers, thigh, meat and skin, cooked, roasted	137.0	1.0 thigh with skin	0.863
05351	Chicken, broilers or fryers, thigh, meat and skin, cooked, rotisserie, original seasoning	89.0	1.0 thigh	0.595
05095	Chicken, broilers or fryers, thigh, meat and skin, cooked, stewed	41.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.254
05091	Chicken, broilers or fryers, thigh, meat and skin, raw	193.0	1.0 thigh with skin	0.845
05097	Chicken, broilers or fryers, thigh, meat only, cooked, fried	31.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.241
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	116.0	1.0 thigh without skin	0.821
05345	Chicken, broilers or fryers, thigh, meat only, cooked, rotisserie, original seasoning	89.0	1.0 thigh	0.617
05099	Chicken, broilers or fryers, thigh, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.969
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	29.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.145
05102	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, flour	19.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.127
05103	Chicken, broilers or fryers, wing, meat and skin, cooked, roasted	85.0	1.0 piece	0.526
05352	Chicken, broilers or fryers, wing, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 wing	0.396
05104	Chicken, broilers or fryers, wing, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.822

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
05100	Chicken, broilers or fryers, wing, meat and skin, raw	107.0	1.0 piece	0.488
05106	Chicken, broilers or fryers, wing, meat only, cooked, fried	12.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.100
05107	Chicken, broilers or fryers, wing, meat only, cooked, roasted	13.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.110
05346	Chicken, broilers or fryers, wing, meat only, cooked, rotisserie, original seasoning	53.0	1.0 wing	0.447
05108	Chicken, broilers or fryers, wing, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	1.053
05105	Chicken, broilers or fryers, wing, meat only, raw	17.0	1.0 wing, bone and skin removed (yield from 1 lb ready-to-cook chicken)	0.103
05277	Chicken, canned, meat only, with broth	142.0	1.0 can (5 oz)	0.815
05138	Chicken, capons, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	0.948
05137	Chicken, capons, giblets, raw	115.0	1.0 giblets	0.520
05134	Chicken, capons, meat and skin and giblets and neck, cooked, roasted	85.0	3.0 oz	0.640
05133	Chicken, capons, meat and skin and giblets and neck, raw	85.0	3.0 oz	0.421
05136	Chicken, capons, meat and skin, cooked, roasted	85.0	3.0 oz	0.658
05135	Chicken, capons, meat and skin, raw	85.0	3.0 oz	0.431
05308	Chicken, cornish game hens, meat and skin, cooked, roasted	85.0	3.0 oz	0.500
05307	Chicken, cornish game hens, meat and skin, raw	85.0	3.0 oz	0.385
05310	Chicken, cornish game hens, meat only, cooked, roasted	85.0	3.0 oz	0.548
05309	Chicken, cornish game hens, meat only, raw	85.0	3.0 oz	0.472
05687	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, braised	106.0	1.0 drumstick with skin	0.633
05689	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, roasted	129.0	1.0 drumstick with skin	0.820
05688	Chicken, dark meat, drumstick, meat and skin, with added solution, raw	143.0	1.0 drumstick with skin	0.652
05680	Chicken, dark meat, drumstick, meat only, with added solution, cooked, braised	95.0	1.0 drumstick without skin	0.625
05679	Chicken, dark meat, drumstick, meat only, with added solution, cooked, roasted	91.0	1.0 drumstick without skin	0.660
05678	Chicken, dark meat, drumstick, meat only, with added solution, raw	143.0	1.0 drumstick with skin	0.716
05690	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, braised	85.0	3.0 oz	0.477
05692	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, roasted	130.0	1.0 thigh with skin	0.712
05691	Chicken, dark meat, thigh, meat and skin, with added solution, raw	85.0	3.0 oz	0.355
05681	Chicken, dark meat, thigh, meat only, with added solution, cooked, braised	85.0	3.0 oz	0.559
05683	Chicken, dark meat, thigh, meat only, with added solution, cooked, roasted	130.0	1.0 thigh with skin	0.884
05682	Chicken, dark meat, thigh, meat only, with added solution, raw	85.0	3.0 oz	0.447
05333	Chicken, ground, crumbles, cooked, pan-browned	85.0	3.0 oz crumbled	0.507
05332	Chicken, ground, raw	112.0	4.0 oz crumbled	0.500
05026	Chicken, heart, all classes, cooked, simmered	145.0	1.0 cup, chopped or diced	0.925
05025	Chicken, heart, all classes, raw	6.1	1.0 heart	0.023
05661	Chicken, liver, all classes, cooked, pan-fried	44.0	1.0 liver	0.282
05028	Chicken, liver, all classes, cooked, simmered	44.0	1.0 liver	0.268

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
05027	Chicken, liver, all classes, raw	44.0	1.0 liver	0.190
05120	Chicken, roasting, dark meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.902
05119	Chicken, roasting, dark meat, meat only, raw	113.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.586
05116	Chicken, roasting, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	0.977
05115	Chicken, roasting, giblets, raw	25.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.114
05118	Chicken, roasting, light meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	1.051
05117	Chicken, roasting, light meat, meat only, raw	99.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.608
05110	Chicken, roasting, meat and skin and giblets and neck, cooked, roasted	85.0	3.0 oz	0.537
05109	Chicken, roasting, meat and skin and giblets and neck, raw	85.0	3.0 oz	0.382
05112	Chicken, roasting, meat and skin, cooked, roasted	85.0	3.0 oz	0.541
05114	Chicken, roasting, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.970
05113	Chicken, roasting, meat only, raw	85.0	3.0 oz	0.479
05673	Chicken, skin (drumsticks and thighs), cooked, braised	28.35	1.0 oz	0.070
05675	Chicken, skin (drumsticks and thighs), cooked, roasted	28.35	1.0 oz	0.079
05674	Chicken, skin (drumsticks and thighs), raw	28.35	1.0 oz	0.046
05684	Chicken, skin (drumsticks and thighs), with added solution, cooked, braised	28.35	1.0 oz	0.059
05686	Chicken, skin (drumsticks and thighs), with added solution, cooked, roasted	28.35	1.0 oz	0.097
05685	Chicken, skin (drumsticks and thighs), with added solution, raw	28.35	1.0 oz	0.053
05132	Chicken, stewing, dark meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	1.091
05131	Chicken, stewing, dark meat, meat only, raw	105.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.572
05128	Chicken, stewing, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	0.935
05127	Chicken, stewing, giblets, raw	28.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.125
05130	Chicken, stewing, light meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	1.280
05129	Chicken, stewing, light meat, meat only, raw	89.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.569
05122	Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	85.0	3.0 oz	0.531
05121	Chicken, stewing, meat and skin, and giblets and neck, raw	85.0	3.0 oz	0.392
05124	Chicken, stewing, meat and skin, cooked, stewed	85.0	3.0 oz	0.609
05123	Chicken, stewing, meat and skin, raw	85.0	3.0 oz	0.397
05126	Chicken, stewing, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	1.179
05125	Chicken, stewing, meat only, raw	85.0	3.0 oz	0.500
05312	Chicken, wing, frozen, glazed, barbecue flavored	29.0	1.0 piece	0.120
05320	Chicken, wing, frozen, glazed, barbecue flavored, heated (conventional oven)	96.0	1.0 serving	0.449
05313	Chicken, wing, frozen, glazed, barbecue flavored, heated (microwave)	74.0	1.0 serving	0.394
16358	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained solids	253.0	1.0 can drained	0.235
16359	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained, rinsed in tap water	254.0	1.0 can drained, rinsed	0.236
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids	240.0	1.0 cup	0.156

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
16360	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids, low sodium	240.0	1.0 cup	0.156
16357	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, with salt	164.0	1.0 cup	0.190
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164.0	1.0 cup	0.190
16056	Chickpeas (garbanzo beans, bengal gram), mature seeds, raw	200.0	1.0 cup	0.540
11152	Chicory greens, raw	29.0	1.0 cup, chopped	0.003
11151	Chicory, witloof, raw	53.0	1.0 head	0.003
16059	Chili with beans, canned	256.0	1.0 cup	0.243
22911	Chili, no beans, canned entree	240.0	1.0 cup	0.247
11615	Chives, freeze-dried	0.2	1.0 tbsp	0.000
11156	Chives, raw	3.0	1.0 tbsp chopped	0.001
07019	Chorizo, pork and beef	28.35	1.0 oz	0.133
18964	Cinnamon buns, frosted (includes honey buns)	65.0	1.0 bun	0.068
19165	Cocoa, dry powder, unsweetened	86.0	1.0 cup	0.174
19166	Cocoa, dry powder, unsweetened, processed with alkali	86.0	1.0 cup	0.161
18103	Coffeecake, cheese	28.35	1.0 oz	0.041
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	28.35	1.0 oz	0.035
18417	Coffeecake, cinnamon with crumb topping, commercially prepared, unenriched	28.35	1.0 oz	0.035
18107	Coffeecake, cinnamon with crumb topping, dry mix	28.35	1.0 oz	0.024
18108	Coffeecake, cinnamon with crumb topping, dry mix, prepared	28.35	1.0 oz	0.034
18105	Coffeecake, creme-filled with chocolate frosting	28.35	1.0 oz	0.026
18106	Coffeecake, fruit	28.35	1.0 oz	0.027
11768	Collards, cooked, boiled, drained, with salt	190.0	1.0 cup, chopped	0.053
11162	Collards, cooked, boiled, drained, without salt	190.0	1.0 cup, chopped	0.053
11769	Collards, frozen, chopped, cooked, boiled, drained, with salt	170.0	1.0 cup, chopped	0.068
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170.0	1.0 cup, chopped	0.068
11163	Collards, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.035
11161	Collards, raw	36.0	1.0 cup, chopped	0.012
28293	Cookie, butter or sugar, with chocolate icing or filling	31.0	3.0 cookies	0.018
28294	Cookie, chocolate, with icing or coating	32.0	4.0 cookies	0.022
28289	Cookie, vanilla with caramel, coconut, and chocolate coating	29.0	2.0 cookies	0.014
28290	Cookie, with peanut butter filling, chocolate-coated	25.0	2.0 cookies	0.026
28399	Cookies, animal crackers (includes arrowroot, tea biscuits)	28.35	1.0 oz	0.033
28291	Cookies, animal, with frosting or icing	31.0	8.0 cookies 1 serving	0.019
18151	Cookies, brownies, commercially prepared	28.35	1.0 oz	0.032
18152	Cookies, brownies, dry mix, regular	28.35	1.0 oz	0.016
18196	Cookies, brownies, dry mix, sugar free	28.35	1.0 oz	0.012

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
18154	Cookies, brownies, prepared from recipe	28.35	1.0 oz	0.037
18155	Cookies, butter, commercially prepared, enriched	28.35	1.0 oz	0.037
18421	Cookies, butter, commercially prepared, unenriched	28.35	1.0 oz	0.037
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	12.9	1.0 cookie	0.003
18422	Cookies, chocolate chip, commercially prepared, regular, higher fat, unenriched	28.35	1.0 oz	0.027
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	34.0	1.0 serving 3 cookies	0.035
18160	Cookies, chocolate chip, commercially prepared, soft-type	14.2	1.0 cookie	0.010
18198	Cookies, chocolate chip, commercially prepared, special dietary	28.35	1.0 oz	0.020
18161	Cookies, chocolate chip, dry mix	28.35	1.0 oz	0.023
18378	Cookies, chocolate chip, prepared from recipe, made with butter	28.35	1.0 oz	0.030
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	28.35	1.0 oz	0.030
18163	Cookies, chocolate chip, refrigerated dough	33.0	1.0 serving	0.029
18164	Cookies, chocolate chip, refrigerated dough, baked	28.35	1.0 oz	0.028
18166	Cookies, chocolate sandwich, with creme filling, regular	36.0	3.0 cookie	0.029
18167	Cookies, chocolate sandwich, with creme filling, regular, chocolate-coated	28.35	1.0 oz	0.014
18199	Cookies, chocolate sandwich, with creme filling, special dietary	28.35	1.0 oz	0.020
18157	Cookies, chocolate wafers	28.35	1.0 oz	0.030
18170	Cookies, fig bars	28.35	1.0 oz	0.015
18171	Cookies, fortune	28.35	1.0 oz	0.022
18156	Cookies, fudge, cake-type (includes trolley cakes)	28.35	1.0 oz	0.020
18172	Cookies, gingersnaps	28.35	1.0 oz	0.027
18174	Cookies, graham crackers, chocolate-coated	27.0	3.0 pieces	0.017
18175	Cookies, ladyfingers, with lemon juice and rind	28.35	1.0 oz	0.076
18423	Cookies, ladyfingers, without lemon juice and rind	28.35	1.0 oz	0.076
18176	Cookies, marshmallow, chocolate-coated (includes marshmallow pies)	28.35	1.0 oz	0.014
18177	Cookies, molasses	28.35	1.0 oz	0.027
18178	Cookies, oatmeal, commercially prepared, regular	28.35	1.0 oz	0.034
18179	Cookies, oatmeal, commercially prepared, soft-type	28.35	1.0 oz	0.037
18200	Cookies, oatmeal, commercially prepared, special dietary	28.35	1.0 oz	0.026
18180	Cookies, oatmeal, dry mix	28.35	1.0 oz	0.034
18184	Cookies, oatmeal, prepared from recipe, with raisins	28.35	1.0 oz	0.038
18377	Cookies, oatmeal, prepared from recipe, without raisins	28.35	1.0 oz	0.039
18182	Cookies, oatmeal, refrigerated dough	28.35	1.0 oz	0.035
18183	Cookies, oatmeal, refrigerated dough, baked	28.35	1.0 oz	0.039
18190	Cookies, peanut butter sandwich, regular	28.35	1.0 oz	0.036
18201	Cookies, peanut butter sandwich, special dietary	28.35	1.0 oz	0.031

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
18185	Cookies, peanut butter, commercially prepared, regular	28.35	1.0 oz	0.042
18186	Cookies, peanut butter, commercially prepared, soft-type	28.35	1.0 oz	0.020
18189	Cookies, peanut butter, prepared from recipe	28.35	1.0 oz	0.042
18187	Cookies, peanut butter, refrigerated dough	28.35	1.0 oz	0.037
18188	Cookies, peanut butter, refrigerated dough, baked	28.35	1.0 oz	0.040
18191	Cookies, raisin, soft-type	28.35	1.0 oz	0.024
18193	Cookies, shortbread, commercially prepared, pecan	28.35	1.0 oz	0.026
18202	Cookies, sugar wafer, with creme filling, sugar free	28.35	1.0 oz	0.015
18209	Cookies, sugar wafers with creme filling, regular	36.0	3.0 cookies	0.023
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	28.35	1.0 oz	0.031
18208	Cookies, sugar, prepared from recipe, made with margarine	28.35	1.0 oz	0.033
18205	Cookies, sugar, refrigerated dough	33.0	1.0 serving	0.028
18206	Cookies, sugar, refrigerated dough, baked	28.35	1.0 oz	0.027
18210	Cookies, vanilla sandwich with creme filling	28.35	1.0 oz	0.021
18213	Cookies, vanilla wafers, higher fat	30.0	8.0 wafers	0.031
18212	Cookies, vanilla wafers, lower fat	28.35	1.0 oz	0.030
22973	Corn dogs, frozen, prepared	78.0	1.0 corndog	0.115
20017	Corn flour, masa, enriched, white	114.0	1.0 cup	0.190
20019	Corn flour, masa, unenriched, white	114.0	1.0 cup	0.190
20316	Corn flour, whole-grain, white	117.0	1.0 cup	0.170
20016	Corn flour, whole-grain, yellow	117.0	1.0 cup	0.170
20317	Corn flour, yellow, masa, enriched	114.0	1.0 cup	0.190
20314	Corn grain, white	166.0	1.0 cup	0.327
20014	Corn grain, yellow	166.0	1.0 cup	0.327
11656	Corn pudding, home prepared	250.0	1.0 cup	0.285
11184	Corn with red and green peppers, canned, solids and liquids	227.0	1.0 cup	0.109
35183	Corn, dried, yellow (Northern Plains Indians)	28.35	1.0 oz	0.083
11907	Corn, sweet, white, canned, cream style, no salt added	256.0	1.0 cup	0.092
11906	Corn, sweet, white, canned, cream style, regular pack	256.0	1.0 cup	0.092
11909	Corn, sweet, white, canned, vacuum pack, no salt added	210.0	1.0 cup	0.105
11908	Corn, sweet, white, canned, vacuum pack, regular pack	210.0	1.0 cup	0.105
11905	Corn, sweet, white, canned, whole kernel, drained solids	164.0	1.0 cup	0.089
11904	Corn, sweet, white, canned, whole kernel, no salt added, solids and liquids	256.0	1.0 cup	0.102
11903	Corn, sweet, white, canned, whole kernel, regular pack, solids and liquids	256.0	1.0 cup	0.102
11902	Corn, sweet, white, cooked, boiled, drained, with salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	0.061
11901	Corn, sweet, white, cooked, boiled, drained, without salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	0.061

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
11912	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt	165.0	1.0 cup	0.120
11911	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	0.120
11910	Corn, sweet, white, frozen, kernels cut off cob, unprepared	165.0	1.0 cup	0.104
11915	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt	165.0	1.0 cup kernels	0.107
11914	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, without salt	165.0	1.0 cup kernels	0.107
11913	Corn, sweet, white, frozen, kernels on cob, unprepared	165.0	1.0 cup kernels	0.112
11900	Corn, sweet, white, raw	73.0	1.0 ear, small (5-1/2" to 6-1/2" long)	0.049
11170	Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	256.0	1.0 cup	0.102
11772	Corn, sweet, yellow, canned, cream style, no salt added	256.0	1.0 cup	0.092
11174	Corn, sweet, yellow, canned, cream style, regular pack	256.0	1.0 cup	0.092
11177	Corn, sweet, yellow, canned, drained solids, rinsed with tap water	150.0	1.0 cup drained, rinsed	0.075
11771	Corn, sweet, yellow, canned, no salt added, solids and liquids	256.0	1.0 cup	0.095
11773	Corn, sweet, yellow, canned, vacuum pack, no salt added	210.0	1.0 cup	0.105
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210.0	1.0 cup	0.105
11172	Corn, sweet, yellow, canned, whole kernel, drained solids	164.0	1.0 cup	0.087
11770	Corn, sweet, yellow, cooked, boiled, drained, with salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	0.061
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	0.061
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	0.112
11178	Corn, sweet, yellow, frozen, kernels cut off cob, unprepared	136.0	1.0 cup	0.091
11775	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, with salt	165.0	1.0 cup kernels	0.107
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	165.0	1.0 cup kernels	0.107
11180	Corn, sweet, yellow, frozen, kernels on cob, unprepared	165.0	1.0 cup kernels	0.112
11774	Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt	165.0	1.0 cup	0.112
11167	Corn, sweet, yellow, raw	145.0	1.0 cup	0.097
11182	Corn, yellow, whole kernel, frozen, microwaved	141.0	1.0 cup	0.118
07020	Corned beef loaf, jellied	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.142
20322	Cornmeal, degermed, enriched, white	157.0	1.0 cup	0.254
20022	Cornmeal, degermed, enriched, yellow	157.0	1.0 cup	0.254
20522	Cornmeal, degermed, unenriched, white	157.0	1.0 cup	0.254
20422	Cornmeal, degermed, unenriched, yellow	157.0	1.0 cup	0.254
20323	Cornmeal, white, self-rising, bolted, plain, enriched	122.0	1.0 cup	0.212
20324	Cornmeal, white, self-rising, bolted, with wheat flour added, enriched	170.0	1.0 cup	0.294
20320	Cornmeal, whole-grain, white	122.0	1.0 cup	0.207
20020	Cornmeal, whole-grain, yellow	122.0	1.0 cup	0.207
20023	Cornmeal, yellow, self-rising, bolted, plain, enriched	122.0	1.0 cup	0.212
20024	Cornmeal, yellow, self-rising, bolted, with wheat flour added, enriched	170.0	1.0 cup	0.294

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
11190	Cornsalad, raw	56.0	1.0 cup	0.014
20027	Cornstarch	128.0	1.0 cup	0.008
20029	Couscous, cooked	157.0	1.0 cup, cooked	0.093
20028	Couscous, dry	173.0	1.0 cup	0.344
11777	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, with salt	165.0	1.0 cup	0.074
11192	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	165.0	1.0 cup	0.074
11778	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, with salt	170.0	1.0 cup	0.206
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	0.206
11195	Cowpeas (blackeyes), immature seeds, frozen, unprepared	160.0	1.0 cup	0.205
11191	Cowpeas (blackeyes), immature seeds, raw	145.0	1.0 cup	0.061
16361	Cowpeas, catjang, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	0.198
16061	Cowpeas, catjang, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	0.198
16060	Cowpeas, catjang, mature seeds, raw	167.0	1.0 cup	0.568
16065	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned with pork	240.0	1.0 cup	0.094
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240.0	1.0 cup	0.161
16363	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, with salt	171.0	1.0 cup	0.188
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	171.0	1.0 cup	0.188
16062	Cowpeas, common (blackeyes, crowder, southern), mature seeds, raw	167.0	1.0 cup	0.559
09077	Crabapples, raw	110.0	1.0 cup slices	0.004
36024	CRACKER BARREL, chicken tenderloin platter, fried	175.0	1.0 serving	0.840
36604	CRACKER BARREL, chicken tenderloin platter, fried, from kid's menu	103.0	1.0 serving	0.541
36025	CRACKER BARREL, coleslaw	167.0	1.0 serving	0.017
36605	CRACKER BARREL, country fried shrimp platter	149.0	1.0 serving	0.441
36606	CRACKER BARREL, farm raised catfish platter	178.0	1.0 serving	1.175
36608	CRACKER BARREL, grilled sirloin steak	151.0	1.0 steak	1.253
36040	CRACKER BARREL, macaroni n' cheese	175.0	1.0 serving	0.298
36609	CRACKER BARREL, macaroni n' cheese plate, from kid's menu	257.0	1.0 serving	0.465
36026	CRACKER BARREL, onion rings, thick-cut	261.0	1.0 serving	0.209
36607	CRACKER BARREL, steak fries	198.0	1.0 serving	0.079
18236	Cracker meal	28.35	1.0 oz	0.046
18434	Crackers, cheese, low sodium	14.2	0.5 oz	0.028
18965	Crackers, cheese, reduced fat	30.0	1.0 serving	0.047
18214	Crackers, cheese, regular	14.2	0.5 oz	0.028
18927	Crackers, cheese, sandwich-type with cheese filling	39.0	6.0 cracker 1 cracker = 6.5g	0.059
18215	Crackers, cheese, sandwich-type with peanut butter filling	14.2	0.5 oz	0.025
18216	Crackers, crispbread, rye	14.2	0.5 oz	0.017

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
18218	Crackers, matzo, egg	14.2	0.5 oz	0.035
18400	Crackers, matzo, egg and onion	14.2	0.5 oz	0.027
18217	Crackers, matzo, plain	14.2	0.5 oz	0.025
18219	Crackers, matzo, whole-wheat	14.2	0.5 oz	0.029
18220	Crackers, melba toast, plain	14.2	0.5 oz	0.030
18424	Crackers, melba toast, plain, without salt	14.2	0.5 oz	0.030
18221	Crackers, melba toast, rye (includes pumpernickel)	14.2	0.5 oz	0.027
18222	Crackers, melba toast, wheat	14.2	0.5 oz	0.030
18223	Crackers, milk	14.2	0.5 oz	0.020
28292	Crackers, multigrain	14.0	4.0 crackers	0.017
18224	Crackers, rusk toast	14.2	0.5 oz	0.041
18225	Crackers, rye, sandwich-type with cheese filling	14.2	0.5 oz	0.023
18228	Crackers, saltines (includes oyster, soda, soup)	14.9	5.0 crackers	0.022
18457	Crackers, saltines, fat-free, low-sodium	15.0	3.0 saltines	0.027
18425	Crackers, saltines, low salt (includes oyster, soda, soup)	14.2	0.5 oz	0.025
18426	Crackers, saltines, unsalted tops (includes oyster, soda, soup)	14.2	0.5 oz	0.023
18229	Crackers, standard snack-type, regular	16.0	5.0 crackers	0.018
18427	Crackers, standard snack-type, regular, low salt	14.2	0.5 oz	0.019
18230	Crackers, standard snack-type, sandwich, with cheese filling	14.2	0.5 oz	0.023
18231	Crackers, standard snack-type, sandwich, with peanut butter filling	14.2	0.5 oz	0.024
18428	Crackers, wheat, low salt	14.2	0.5 oz	0.020
18950	Crackers, wheat, reduced fat	29.0	1.0 serving	0.041
18232	Crackers, wheat, regular	34.0	16.0 crackers 1 serving	0.049
18233	Crackers, wheat, sandwich, with cheese filling	14.2	0.5 oz	0.024
18234	Crackers, wheat, sandwich, with peanut butter filling	14.2	0.5 oz	0.028
18235	Crackers, whole-wheat	28.0	1.0 serving	0.048
18429	Crackers, whole-wheat, low salt	14.2	0.5 oz	0.019
18949	Crackers, whole-wheat, reduced fat	29.0	1.0 serving	0.054
09078	Cranberries, raw	110.0	1.0 cup, chopped	0.003
14243	Cranberry juice cocktail, bottled, low calorie, with calcium, saccharin and corn sweetener	29.6	1.0 fl oz	0.000
18237	Cream puff shell, prepared from recipe	28.35	1.0 oz	0.067
01205	Cream substitute, flavored, liquid	15.0	1.0 tbsp	0.001
01206	Cream substitute, flavored, powdered	12.0	4.0 tsp	0.001
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15.0	1.0 container, individual	0.002
01068	Cream substitute, liquid, with lauric acid oil and sodium caseinate	15.0	1.0 container, individual	0.004
01069	Cream substitute, powdered	94.0	1.0 cup	0.136

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
01049	Cream, fluid, half and half	30.2	1.0 fl oz	0.022
01053	Cream, fluid, heavy whipping	120.0	1.0 cup, whipped	0.079
01050	Cream, fluid, light (coffee cream or table cream)	30.0	1.0 fl oz	0.021
01052	Cream, fluid, light whipping	120.0	1.0 cup, whipped	0.065
01056	Cream, sour, cultured	12.0	1.0 tbsp	0.009
01055	Cream, sour, reduced fat, cultured	15.0	1.0 tbsp	0.011
01054	Cream, whipped, cream topping, pressurized	60.0	1.0 cup	0.048
18240	Croissants, apple	28.35	1.0 oz	0.043
18239	Croissants, butter	28.35	1.0 oz	0.050
18241	Croissants, cheese	28.35	1.0 oz	0.053
18242	Croutons, plain	14.2	0.5 oz	0.030
18243	Croutons, seasoned	14.2	0.5 oz	0.028
15137	Crustaceans, crab, alaska king, cooked, moist heat	134.0	1.0 leg	0.730
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85.0	3.0 oz	0.222
15136	Crustaceans, crab, alaska king, raw	85.0	3.0 oz	0.438
15141	Crustaceans, crab, blue, canned	135.0	1.0 cup	0.610
15140	Crustaceans, crab, blue, cooked, moist heat	118.0	1.0 cup, flaked and pieces	0.533
15142	Crustaceans, crab, blue, crab cakes, home recipe	60.0	1.0 cake	0.341
15139	Crustaceans, crab, blue, raw	85.0	3.0 oz	0.432
15226	Crustaceans, crab, dungeness, cooked, moist heat	85.0	3.0 oz	0.535
15143	Crustaceans, crab, dungeness, raw	85.0	3.0 oz	0.416
15227	Crustaceans, crab, queen, cooked, moist heat	85.0	3.0 oz	0.568
15144	Crustaceans, crab, queen, raw	85.0	3.0 oz	0.443
15243	Crustaceans, crayfish, mixed species, farmed, cooked, moist heat	85.0	3.0 oz	0.420
15242	Crustaceans, crayfish, mixed species, farmed, raw	85.0	3.0 oz	0.355
15146	Crustaceans, crayfish, mixed species, wild, cooked, moist heat	85.0	3.0 oz	0.401
15145	Crustaceans, crayfish, mixed species, wild, raw	85.0	3.0 oz	0.382
15148	Crustaceans, lobster, northern, cooked, moist heat	145.0	1.0 cup	0.689
15147	Crustaceans, lobster, northern, raw	150.0	1.0 lobster	0.619
15152	Crustaceans, shrimp, mixed species, canned	128.0	1.0 cup	0.713
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85.0	3.0 oz	0.502
15151	Crustaceans, shrimp, mixed species, cooked, moist heat (may have been previously frozen)	85.0	3.0 oz	0.565
15153	Crustaceans, shrimp, mixed species, imitation, made from surimi	85.0	3.0 oz	0.357
15149	Crustaceans, shrimp, mixed species, raw (may have been previously frozen)	6.0	1.0 medium	0.024
15228	Crustaceans, spiny lobster, mixed species, cooked, moist heat	85.0	3.0 oz	0.632
15154	Crustaceans, spiny lobster, mixed species, raw	85.0	3.0 oz	0.493

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
11206	Cucumber, peeled, raw	133.0	1.0 cup, pared, chopped	0.016
11205	Cucumber, with peel, raw	52.0	0.5 cup slices	0.003
18245	Danish pastry, cheese	28.35	1.0 oz	0.049
18244	Danish pastry, cinnamon, enriched	28.35	1.0 oz	0.039
18430	Danish pastry, cinnamon, unenriched	28.35	1.0 oz	0.039
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	28.35	1.0 oz	0.031
18431	Danish pastry, fruit, unenriched (includes apple, cinnamon, raisin, strawberry)	28.35	1.0 oz	0.031
18433	Danish pastry, lemon, unenriched	28.35	1.0 oz	0.031
18247	Danish pastry, nut (includes almond, raisin nut, cinnamon nut)	28.35	1.0 oz	0.039
18435	Danish pastry, raspberry, unenriched	28.35	1.0 oz	0.031
09087	Dates, deglet noor	147.0	1.0 cup, chopped	0.032
09421	Dates, medjool	24.0	1.0 date, pitted	0.004
36614	DENNY'S, chicken nuggets, star shaped, from kid's menu	67.0	1.0 serving 4 pieces in serving	0.297
36027	DENNY'S, chicken strips	194.0	1.0 serving	0.951
36028	DENNY'S, coleslaw	91.0	1.0 serving	0.018
36029	DENNY'S, fish fillet, battered or breaded, fried	201.0	1.0 serving	0.764
36610	DENNY'S, french fries	165.0	1.0 serving	0.066
36612	DENNY'S, golden fried shrimp	16.0	1.0 piece	0.054
36613	DENNY'S, macaroni & cheese, from kid's menu	180.0	1.0 serving	0.223
36611	DENNY'S, mozzarella cheese sticks	228.0	1.0 serving	0.937
36031	DENNY'S, onion rings	166.0	1.0 serving	0.131
36032	DENNY'S, spaghetti and meatballs	565.0	1.0 serving	1.074
36615	DENNY'S, top sirloin steak	107.0	1.0 steak	0.793
01070	Dessert topping, powdered	43.0	1.5 oz	0.064
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	80.0	1.0 cup	0.074
01072	Dessert topping, pressurized	70.0	1.0 cup	0.021
01073	Dessert topping, semi solid, frozen	75.0	1.0 cup	0.028
19220	Desserts, rennin, chocolate, dry mix	9.0	1.0 tbsp	0.002
02045	Dill weed, fresh	1.0	5.0 sprigs	0.000
11616	Dock, raw	133.0	1.0 cup, chopped	0.047
21279	DOMINO'S 14" Cheese Pizza, Crunchy Thin Crust	70.0	1.0 slice	0.231
21278	DOMINO'S 14" Cheese Pizza, Ultimate Deep Dish Crust	118.0	1.0 slice	0.332
21282	DOMINO'S 14" EXTRAVAGANZZA FEAST Pizza, Classic Hand-Tossed Crust	151.0	1.0 slice	0.343
21280	DOMINO'S 14" Pepperoni Pizza, Classic Hand-Tossed Crust	113.0	1.0 slice	0.240
21281	DOMINO'S 14" Pepperoni Pizza, Ultimate Deep Dish Crust	123.0	1.0 slice	0.303
18251	Doughnuts, cake-type, chocolate, sugared or glazed	28.35	1.0 oz	0.027

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
18249	Doughnuts, cake-type, plain, chocolate-coated or frosted	28.35	1.0 oz	0.022
18250	Doughnuts, cake-type, plain, sugared or glazed	28.35	1.0 oz	0.030
18253	Doughnuts, french crullers, glazed	28.35	1.0 oz	0.016
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	28.35	1.0 oz	0.026
18436	Doughnuts, yeast-leavened, glazed, unenriched (includes honey buns)	28.35	1.0 oz	0.032
18254	Doughnuts, yeast-leavened, with creme filling	28.35	1.0 oz	0.033
18256	Doughnuts, yeast-leavened, with jelly filling	28.35	1.0 oz	0.030
11786	Drumstick leaves, cooked, boiled, drained, with salt	42.0	1.0 cup, chopped	0.029
11223	Drumstick leaves, cooked, boiled, drained, without salt	42.0	1.0 cup, chopped	0.029
11222	Drumstick leaves, raw	21.0	1.0 cup, chopped	0.026
05143	Duck, domesticated, liver, raw	44.0	1.0 liver	0.195
05140	Duck, domesticated, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0.665
05139	Duck, domesticated, meat and skin, raw	85.0	3.0 oz	0.247
05142	Duck, domesticated, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.889
05141	Duck, domesticated, meat only, raw	137.0	1.0 unit (yield from 1 lb ready-to-cook duck)	0.677
05145	Duck, wild, breast, meat only, raw	73.0	1.0 unit (yield from 1 lb ready-to-cook duck)	0.392
05144	Duck, wild, meat and skin, raw	85.0	3.0 oz	0.395
05315	Duck, young duckling, domesticated, White Pekin, breast, meat and skin, boneless, cooked, roasted	56.0	1.0 unit (yield from 1 lb ready-to-cook duck)	0.367
05316	Duck, young duckling, domesticated, White Pekin, breast, meat only, boneless, cooked without skin, broiled	85.0	3.0 oz	0.626
05317	Duck, young duckling, domesticated, White Pekin, leg, meat and skin, bone in, cooked, roasted	92.0	1.0 leg, bone removed (yield after cooking)	0.658
05318	Duck, young duckling, domesticated, White Pekin, leg, meat only, bone in, cooked without skin, braised	85.0	3.0 oz	0.661
07021	Dutch brand loaf, chicken, pork and beef	38.0	1.0 slice	0.180
11212	Edamame, frozen, prepared	155.0	1.0 cup	0.219
11211	Edamame, frozen, unprepared	118.0	1.0 cup	0.157
19169	Egg custards, dry mix	85.0	1.0 package (3 oz)	0.130
19205	Egg custards, dry mix, prepared with 2% milk	141.0	0.5 cup	0.141
19170	Egg custards, dry mix, prepared with whole milk	141.0	0.5 cup	0.128
01210	Egg Mix, USDA Commodity	8.6	1.0 tbsp	0.124
22954	Egg rolls, chicken, refrigerated, heated	80.0	1.0 roll	0.152
22953	Egg rolls, pork, refrigerated, heated	85.0	1.0 roll	0.136
22955	Egg rolls, vegetable, frozen, prepared	68.0	1.0 egg roll	0.048
01226	Egg substitute, liquid or frozen, fat free	60.0	0.25 cup	0.232
01138	Egg, duck, whole, fresh, raw	70.0	1.0 egg	0.403
01139	Egg, goose, whole, fresh, raw	144.0	1.0 egg	0.899

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
01140	Egg, quail, whole, fresh, raw	9.0	1.0 egg	0.038
01141	Egg, turkey, whole, fresh, raw	79.0	1.0 egg	0.349
01173	Egg, white, dried	28.0	1.0 oz	0.781
01135	Egg, white, dried, flakes, stabilized, glucose reduced	28.35	1.0 oz	0.848
01136	Egg, white, dried, powder, stabilized, glucose reduced	107.0	1.0 cup, sifted	3.428
01258	Egg, white, dried, stabilized, glucose reduced	107.0	1.0 cup, sifted	3.200
01124	Egg, white, raw, fresh	33.0	1.0 large	0.132
01172	Egg, white, raw, frozen, pasteurized	28.0	1.0 oz	0.111
01128	Egg, whole, cooked, fried	46.0	1.0 large	0.189
01129	Egg, whole, cooked, hard-boiled	136.0	1.0 cup, chopped	0.533
01130	Egg, whole, cooked, omelet	15.0	1.0 tbsp	0.048
01131	Egg, whole, cooked, poached	50.0	1.0 large	0.189
01132	Egg, whole, cooked, scrambled	61.0	1.0 large	0.181
01133	Egg, whole, dried	85.0	1.0 cup, sifted	1.271
01134	Egg, whole, dried, stabilized, glucose reduced	85.0	1.0 cup, sifted	1.323
01123	Egg, whole, raw, fresh	50.0	1.0 large	0.190
01171	Egg, whole, raw, frozen, pasteurized	28.0	1.0 oz	0.112
01255	Egg, whole, raw, frozen, salted, pasteurized	28.0	1.0 oz	0.085
01137	Egg, yolk, dried	67.0	1.0 cup, sifted	0.575
01125	Egg, yolk, raw, fresh	17.0	1.0 large	0.064
01126	Egg, yolk, raw, frozen, pasteurized	28.35	1.0 oz	0.106
01160	Egg, yolk, raw, frozen, salted, pasteurized	28.35	1.0 oz	0.091
01127	Egg, yolk, raw, frozen, sugared, pasteurized	28.35	1.0 oz	0.102
01057	Eggnog	254.0	1.0 cup	0.305
11783	Eggplant, cooked, boiled, drained, with salt	99.0	1.0 cup (1" cubes)	0.009
11210	Eggplant, cooked, boiled, drained, without salt	99.0	1.0 cup (1" cubes)	0.009
11209	Eggplant, raw	82.0	1.0 cup, cubes	0.009
09088	Elderberries, raw	145.0	1.0 cup	0.020
05624	Emu, fan fillet, cooked, broiled	85.0	1.0 serving (3 oz)	0.504
05623	Emu, fan fillet, raw	85.0	1.0 serving (3 oz)	0.363
05625	Emu, flat fillet, raw	85.0	3.0 oz	0.359
05627	Emu, full rump, cooked, broiled	85.0	1.0 serving (3 oz)	0.542
05626	Emu, full rump, raw	85.0	3.0 oz	0.368
05622	Emu, ground, cooked, pan-broiled	109.0	1.0 patty (yield from 135.8 g raw meat)	0.588
05621	Emu, ground, raw	117.0	1.0 patty	0.505
05628	Emu, inside drum, raw	85.0	3.0 oz	0.358

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
05629	Emu, inside drums, cooked, broiled	85.0	1.0 serving (3 oz)	0.522
05630	Emu, outside drum, raw	85.0	3.0 oz	0.372
05631	Emu, oyster, raw	85.0	3.0 oz	0.368
05632	Emu, top loin, cooked, broiled	85.0	1.0 serving (3 oz)	0.468
11213	Endive, raw	25.0	0.5 cup, chopped	0.004
18260	English muffins, mixed-grain (includes granola)	28.35	1.0 oz	0.045
18261	English muffins, mixed-grain, toasted (includes granola)	28.35	1.0 oz	0.048
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	28.35	1.0 oz	0.043
18437	English muffins, plain, enriched, without calcium propionate(includes sourdough)	28.35	1.0 oz	0.039
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	28.35	1.0 oz	0.051
18438	English muffins, plain, unenriched, with calcium propionate (includes sourdough)	28.35	1.0 oz	0.039
18439	English muffins, plain, unenriched, without calcium propionate (includes sourdough)	28.35	1.0 oz	0.039
18262	English muffins, raisin-cinnamon (includes apple-cinnamon)	28.35	1.0 oz	0.034
18263	English muffins, raisin-cinnamon, toasted (includes apple-cinnamon)	28.35	1.0 oz	0.039
18264	English muffins, wheat	28.35	1.0 oz	0.041
18265	English muffins, wheat, toasted	28.35	1.0 oz	0.045
18266	English muffins, whole-wheat	28.35	1.0 oz	0.040
18267	English muffins, whole-wheat, toasted	28.35	1.0 oz	0.044
11214	Escarole, cooked, boiled, drained, no salt added	150.0	1.0 cup	0.020
16138	Falafel, home-prepared	17.0	1.0 patty (approx 2-1/4" dia)	0.032
21299	Fast Food, Pizza Chain, 14" pizza, cheese topping, regular crust	107.0	1.0 slice	0.282
21511	Fast Food, Pizza Chain, 14" pizza, cheese topping, stuffed crust	117.0	1.0 slice 1/8 pizza	0.314
21304	Fast Food, Pizza Chain, 14" pizza, meat and vegetable topping, regular crust	136.0	1.0 slice	0.295
21006	Fast foods, biscuit with egg and steak	148.0	1.0 biscuit	0.460
21002	Fast foods, biscuit, with egg	136.0	1.0 biscuit	0.307
21003	Fast foods, biscuit, with egg and bacon	150.0	1.0 biscuit	0.422
21004	Fast foods, biscuit, with egg and ham	182.0	1.0 biscuit	0.511
21005	Fast Foods, biscuit, with egg and sausage	162.0	1.0 item	0.356
21007	Fast foods, biscuit, with egg, cheese, and bacon	145.0	1.0 item	0.428
21008	Fast foods, biscuit, with ham	162.0	1.0 biscuit	0.468
21009	Fast foods, biscuit, with sausage	111.0	1.0 item	0.180
21519	Fast foods, breakfast burrito, with egg, cheese, and sausage	109.0	1.0 burrito	0.286
21060	Fast foods, burrito, with beans	217.0	2.0 pieces	0.232
21064	Fast foods, burrito, with beans, cheese, and beef	241.0	1.0 burrito	0.258
21100	Fast foods, cheeseburger; double, large patty, with condiments and vegetables	258.0	1.0 sandwich	0.846
21093	Fast foods, cheeseburger; double, regular patty, with condiments and vegetables	166.0	1.0 sandwich	0.476

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
21400	Fast foods, cheeseburger; double, regular patty; double decker bun with condiments and special sauce	219.0	1.0 item	0.526
21092	Fast foods, cheeseburger; double, regular patty; plain	149.0	1.0 item	0.605
21095	Fast foods, cheeseburger; double, regular, patty and bun; with condiments and vegetables	228.0	1.0 sandwich	0.652
21096	Fast foods, cheeseburger; single, large patty; plain	182.0	1.0 sandwich	0.703
21097	Fast foods, cheeseburger; single, large patty; with condiments and bacon	211.0	1.0 item	0.770
21099	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and ham	254.0	1.0 sandwich	0.899
21089	Fast foods, cheeseburger; single, regular patty; plain	91.0	1.0 sandwich	0.343
21101	Fast foods, cheeseburger; triple, regular patty; plain	249.0	1.0 item	1.043
21401	Fast foods, chicken tenders	30.0	1.0 strip	0.155
21011	Fast foods, croissant, with egg and cheese	127.0	1.0 croissant	0.333
21014	Fast foods, croissant, with egg, cheese, and sausage	171.0	1.0 sandwich	0.496
21018	Fast foods, egg, scrambled	96.0	2.0 eggs	0.410
21020	Fast foods, english muffin, with cheese and sausage	108.0	1.0 item	0.254
21022	Fast foods, english muffin, with egg, cheese, and sausage	165.0	1.0 item	0.474
21023	Fast foods, french toast with butter	135.0	2.0 slices	0.246
21518	Fast foods, grilled chicken in tortilla, with lettuce, cheese, and ranch sauce	123.0	1.0 item	0.422
21115	Fast foods, hamburger, large, triple patty, with condiments	259.0	1.0 sandwich	1.121
21114	Fast foods, hamburger; double, large patty; with condiments and vegetables	226.0	1.0 sandwich	0.746
21111	Fast foods, hamburger; double, regular patty; with condiments	215.0	1.0 item	0.688
21110	Fast foods, hamburger; double, regular, patty; plain	120.0	1.0 item	0.444
21112	Fast foods, hamburger; single, large patty; plain	137.0	1.0 sandwich	0.485
21113	Fast foods, hamburger; single, large patty; with condiments and vegetables	218.0	1.0 sandwich	0.541
21390	Fast foods, hamburger; single, large patty; with condiments, vegetables and mayonnaise	247.0	1.0 item	0.553
21393	Fast foods, hamburger; single, regular patty; double decker bun with condiments and special sauce	205.0	1.0 item	0.430
21107	Fast foods, hamburger; single, regular patty; plain	78.0	1.0 sandwich	0.239
21109	Fast foods, hamburger; single, regular patty; with condiments and vegetables	110.0	1.0 item	0.264
21118	Fast foods, hotdog, plain	98.0	1.0 sandwich	0.195
21119	Fast foods, hotdog, with chili	114.0	1.0 sandwich	0.253
21120	Fast foods, hotdog, with corn flour coating (corndog)	175.0	1.0 sandwich	0.364
21388	Fast foods, miniature cinnamon rolls	25.0	1.0 each	0.028
21078	Fast foods, nachos, with cheese	80.0	1.0 serving	0.075
21080	Fast foods, nachos, with cheese, beans, ground beef, and tomatoes	222.0	1.0 serving	0.262
21124	Fast foods, submarine sandwich, cold cut on white bread with lettuce and tomato	196.0	6.0 inch sub	0.412
21125	Fast foods, submarine sandwich, roast beef on white bread with lettuce and tomato	190.0	6.0 inch sub	0.505
21126	Fast foods, submarine sandwich, tuna on white bread with lettuce and tomato	237.0	6.0 inch sub	0.711
21032	Fast foods, sundae, caramel	155.0	1.0 sundae	0.174

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
21033	Fast foods, sundae, hot fudge	158.0	1.0 sundae	0.104
21034	Fast foods, sundae, strawberry	153.0	1.0 sundae	0.144
21083	Fast foods, taco salad	198.0	1.5 cup	0.287
04001	Fat, beef tallow	12.8	1.0 tbsp	0.000
04542	Fat, chicken	12.8	1.0 tbsp	0.000
04574	Fat, duck	12.8	1.0 tbsp	0.000
04576	Fat, goose	12.8	1.0 tbsp	0.000
04520	Fat, mutton tallow	12.8	1.0 tbsp	0.000
04575	Fat, turkey	12.8	1.0 tbsp	0.000
09334	Feijoa, raw	243.0	1.0 cup, pureed	0.017
09093	Figs, canned, extra heavy syrup pack, solids and liquids	261.0	1.0 cup	0.008
09092	Figs, canned, heavy syrup pack, solids and liquids	259.0	1.0 cup	0.008
09091	Figs, canned, light syrup pack, solids and liquids	252.0	1.0 cup	0.008
09090	Figs, canned, water pack, solids and liquids	248.0	1.0 cup	0.007
09095	Figs, dried, stewed	259.0	1.0 cup	0.039
09094	Figs, dried, uncooked	149.0	1.0 cup	0.051
09089	Figs, raw	64.0	1.0 large (2-1/2" dia)	0.004
15002	Fish, anchovy, european, canned in oil, drained solids	28.35	1.0 oz, boneless	0.242
15001	Fish, anchovy, european, raw	85.0	3.0 oz	0.512
15003	Fish, bass, fresh water, mixed species, raw	79.0	1.0 fillet	0.441
15187	Fish, bass, freshwater, mixed species, cooked, dry heat	62.0	1.0 fillet	0.444
15188	Fish, bass, striped, cooked, dry heat	124.0	1.0 fillet	0.835
15004	Fish, bass, striped, raw	85.0	3.0 oz	0.446
15189	Fish, bluefish, cooked, dry heat	117.0	1.0 fillet	0.889
15005	Fish, bluefish, raw	150.0	1.0 fillet	0.889
15190	Fish, burbot, cooked, dry heat	90.0	1.0 fillet	0.660
15006	Fish, burbot, raw	116.0	1.0 fillet	0.664
15191	Fish, butterfish, cooked, dry heat	25.0	1.0 fillet	0.164
15007	Fish, butterfish, raw	32.0	1.0 fillet	0.164
15009	Fish, carp, cooked, dry heat	85.0	3.0 oz	0.575
15008	Fish, carp, raw	85.0	3.0 oz	0.449
15011	Fish, catfish, channel, cooked, breaded and fried	87.0	1.0 fillet	0.458
15235	Fish, catfish, channel, farmed, cooked, dry heat	143.0	1.0 fillet	0.771
15234	Fish, catfish, channel, farmed, raw	85.0	3.0 oz	0.378
15233	Fish, catfish, channel, wild, cooked, dry heat	143.0	1.0 fillet	0.782
15010	Fish, catfish, channel, wild, raw	85.0	3.0 oz	0.412

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
15012	Fish, caviar, black and red, granular	16.0	1.0 tbsp	0.103
15013	Fish, cisco, raw	79.0	1.0 fillet	0.444
15014	Fish, cisco, smoked	28.35	1.0 oz	0.137
15017	Fish, cod, Atlantic, canned, solids and liquid	85.0	3.0 oz	0.573
15016	Fish, cod, Atlantic, cooked, dry heat	85.0	3.0 oz	0.575
15018	Fish, cod, Atlantic, dried and salted	28.35	1.0 oz	0.527
15015	Fish, cod, Atlantic, raw	85.0	3.0 oz	0.448
15192	Fish, cod, Pacific, cooked, dry heat (may have been previously frozen)	90.0	1.0 fillet	0.461
15019	Fish, cod, Pacific, raw (may have been previously frozen)	116.0	1.0 fillet	0.485
15021	Fish, croaker, Atlantic, cooked, breaded and fried	87.0	1.0 fillet	0.457
15020	Fish, croaker, Atlantic, raw	79.0	1.0 fillet	0.416
15193	Fish, cusk, cooked, dry heat	95.0	1.0 fillet	0.685
15022	Fish, cusk, raw	122.0	1.0 fillet	0.686
15195	Fish, drum, freshwater, cooked, dry heat	85.0	3.0 oz	0.566
15024	Fish, drum, freshwater, raw	85.0	3.0 oz	0.441
15026	Fish, eel, mixed species, cooked, dry heat	28.35	1.0 oz, boneless	0.198
15025	Fish, eel, mixed species, raw	85.0	3.0 oz	0.464
15027	Fish, fish sticks, frozen, prepared	57.0	1.0 piece (4" x 2" x 1/2")	0.169
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127.0	1.0 fillet	0.711
15028	Fish, flatfish (flounder and sole species), raw	28.35	1.0 oz, boneless	0.129
15030	Fish, gefiltefish, commercial, sweet recipe	42.0	1.0 piece	0.107
15032	Fish, grouper, mixed species, cooked, dry heat	85.0	3.0 oz	0.625
15031	Fish, grouper, mixed species, raw	85.0	3.0 oz	0.488
15034	Fish, haddock, cooked, dry heat	150.0	1.0 fillet	1.029
15033	Fish, haddock, raw	85.0	3.0 oz	0.476
15035	Fish, haddock, smoked	28.35	1.0 oz, boneless	0.212
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85.0	3.0 oz	0.636
15036	Fish, halibut, Atlantic and Pacific, raw	85.0	3.0 oz	0.524
15196	Fish, halibut, greenland, cooked, dry heat	85.0	3.0 oz	0.463
15038	Fish, halibut, Greenland, raw	85.0	3.0 oz	0.361
15040	Fish, herring, Atlantic, cooked, dry heat	143.0	1.0 fillet	0.975
15042	Fish, herring, Atlantic, kippered	28.35	1.0 oz, boneless	0.206
15041	Fish, herring, Atlantic, pickled	140.0	1.0 cup	0.588
15039	Fish, herring, Atlantic, raw	28.35	1.0 oz, boneless	0.151
15197	Fish, herring, Pacific, cooked, dry heat	144.0	1.0 fillet	0.896
15043	Fish, herring, Pacific, raw	85.0	3.0 oz	0.412

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
15198	Fish, ling, cooked, dry heat	85.0	3.0 oz	0.613
15044	Fish, ling, raw	85.0	3.0 oz	0.478
15199	Fish, lingcod, cooked, dry heat	85.0	3.0 oz	0.570
15045	Fish, lingcod, raw	85.0	3.0 oz	0.445
15047	Fish, mackerel, Atlantic, cooked, dry heat	88.0	1.0 fillet	0.621
15046	Fish, mackerel, Atlantic, raw	112.0	1.0 fillet	0.617
15048	Fish, mackerel, jack, canned, drained solids	28.35	1.0 oz, boneless	0.194
15200	Fish, mackerel, king, cooked, dry heat	85.0	3.0 oz	0.655
15049	Fish, mackerel, king, raw	85.0	3.0 oz	0.510
15201	Fish, mackerel, Pacific and jack, mixed species, cooked, dry heat	28.35	1.0 oz, boneless	0.216
15050	Fish, mackerel, Pacific and jack, mixed species, raw	85.0	3.0 oz	0.505
15052	Fish, mackerel, spanish, cooked, dry heat	146.0	1.0 fillet	1.019
15051	Fish, mackerel, spanish, raw	85.0	3.0 oz	0.485
15194	Fish, mahimahi, cooked, dry heat	85.0	3.0 oz	0.597
15023	Fish, mahimahi, raw	85.0	3.0 oz	0.466
15202	Fish, milkfish, cooked, dry heat	85.0	3.0 oz	0.662
15053	Fish, milkfish, raw	85.0	3.0 oz	0.517
15203	Fish, monkfish, cooked, dry heat	85.0	3.0 oz	0.467
15054	Fish, monkfish, raw	85.0	3.0 oz	0.365
15056	Fish, mullet, striped, cooked, dry heat	93.0	1.0 fillet	0.683
15055	Fish, mullet, striped, raw	28.35	1.0 oz	0.162
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50.0	1.0 fillet	0.295
15057	Fish, ocean perch, Atlantic, raw	28.35	1.0 oz, boneless	0.138
15061	Fish, perch, mixed species, cooked, dry heat	46.0	1.0 fillet	0.339
15060	Fish, perch, mixed species, raw	60.0	1.0 fillet	0.344
15063	Fish, pike, northern, cooked, dry heat	85.0	3.0 oz	0.621
15062	Fish, pike, northern, raw	85.0	3.0 oz	0.484
15204	Fish, pike, walleye, cooked, dry heat	124.0	1.0 fillet	0.900
15064	Fish, pike, walleye, raw	85.0	3.0 oz	0.481
15067	Fish, pollock, Alaska, cooked, dry heat (may have been previously frozen)	60.0	1.0 fillet	0.418
15066	Fish, pollock, Alaska, raw (may have been previously frozen)	77.0	1.0 fillet	0.285
15205	Fish, pollock, Atlantic, cooked, dry heat	85.0	3.0 oz	0.627
15065	Fish, pollock, Atlantic, raw	85.0	3.0 oz	0.490
15069	Fish, pompano, florida, cooked, dry heat	88.0	1.0 fillet	0.617
15068	Fish, pompano, florida, raw	28.35	1.0 oz, boneless	0.155
15206	Fish, pout, ocean, cooked, dry heat	137.0	0.5 fillet	0.864

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
15059	Fish, pout, ocean, raw	85.0	3.0 oz	0.418
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149.0	1.0 fillet	1.053
15070	Fish, rockfish, Pacific, mixed species, raw	85.0	3.0 oz	0.496
15207	Fish, roe, mixed species, cooked, dry heat	28.35	1.0 oz	0.201
15072	Fish, roe, mixed species, raw	14.0	1.0 tbsp	0.077
15232	Fish, roughy, orange, cooked, dry heat	85.0	3.0 oz	0.619
15073	Fish, roughy, orange, raw	85.0	3.0 oz	0.447
15208	Fish, sablefish, cooked, dry heat	85.0	3.0 oz	0.433
15074	Fish, sablefish, raw	85.0	3.0 oz	0.337
15075	Fish, sablefish, smoked	28.35	1.0 oz	0.148
15237	Fish, salmon, Atlantic, farmed, cooked, dry heat	85.0	3.0 oz	0.556
15236	Fish, salmon, Atlantic, farmed, raw	85.0	3.0 oz	0.532
15209	Fish, salmon, Atlantic, wild, cooked, dry heat	85.0	3.0 oz	0.640
15076	Fish, salmon, Atlantic, wild, raw	85.0	3.0 oz	0.499
15210	Fish, salmon, chinook, cooked, dry heat	85.0	3.0 oz	0.647
15078	Fish, salmon, chinook, raw	85.0	3.0 oz	0.505
15077	Fish, salmon, chinook, smoked	28.35	1.0 oz, boneless	0.153
15179	Fish, salmon, chinook, smoked, (lox), regular	28.35	1.0 oz	0.153
15080	Fish, salmon, chum, canned, drained solids with bone	85.0	3.0 oz	0.539
15180	Fish, salmon, chum, canned, without salt, drained solids with bone	85.0	3.0 oz	0.539
15211	Fish, salmon, chum, cooked, dry heat	85.0	3.0 oz	0.649
15079	Fish, salmon, chum, raw	85.0	3.0 oz	0.507
15239	Fish, salmon, coho, farmed, cooked, dry heat	143.0	1.0 fillet	1.028
15238	Fish, salmon, coho, farmed, raw	85.0	3.0 oz	0.535
15247	Fish, salmon, coho, wild, cooked, dry heat	85.0	3.0 oz	0.590
15082	Fish, salmon, coho, wild, cooked, moist heat	85.0	3.0 oz	0.689
15081	Fish, salmon, coho, wild, raw	85.0	3.0 oz	0.544
15260	Fish, salmon, pink, canned, drained solids	85.0	3.0 oz	0.552
15265	Fish, Salmon, pink, canned, drained solids, without skin and bones	85.0	3.0 oz	0.589
15084	Fish, salmon, pink, canned, total can contents	85.0	3.0 oz	0.471
15181	Fish, salmon, pink, canned, without salt, solids with bone and liquid	85.0	3.0 oz	0.498
15212	Fish, salmon, pink, cooked, dry heat	85.0	3.0 oz	0.588
15083	Fish, salmon, pink, raw	85.0	3.0 oz	0.490
15087	Fish, salmon, sockeye, canned, drained solids	85.0	3.0 oz	0.592
15182	Fish, salmon, sockeye, canned, without salt, drained solids with bone	85.0	3.0 oz	0.515
15086	Fish, salmon, sockeye, cooked, dry heat	85.0	3.0 oz	0.729

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
15085	Fish, salmon, sockeye, raw	28.35	1.0 oz, boneless	0.204
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	149.0	1.0 cup, drained	1.086
15089	Fish, sardine, Pacific, canned in tomato sauce, drained solids with bone	89.0	1.0 cup	0.424
15213	Fish, scup, cooked, dry heat	50.0	1.0 fillet	0.358
15090	Fish, scup, raw	85.0	3.0 oz	0.475
15092	Fish, sea bass, mixed species, cooked, dry heat	101.0	1.0 fillet	0.706
15091	Fish, sea bass, mixed species, raw	129.0	1.0 fillet	0.704
15214	Fish, seatrout, mixed species, cooked, dry heat	85.0	3.0 oz	0.540
15093	Fish, seatrout, mixed species, raw	85.0	3.0 oz	0.422
15215	Fish, shad, american, cooked, dry heat	144.0	1.0 fillet	0.924
15094	Fish, shad, american, raw	85.0	3.0 oz	0.426
15096	Fish, shark, mixed species, cooked, batter-dipped and fried	85.0	3.0 oz	0.460
15095	Fish, shark, mixed species, raw	85.0	3.0 oz	0.528
15098	Fish, sheepshead, cooked, dry heat	85.0	3.0 oz	0.655
15097	Fish, sheepshead, raw	85.0	3.0 oz	0.508
15100	Fish, smelt, rainbow, cooked, dry heat	85.0	3.0 oz	0.569
15099	Fish, smelt, rainbow, raw	85.0	3.0 oz	0.444
15102	Fish, snapper, mixed species, cooked, dry heat	85.0	3.0 oz	0.661
15101	Fish, snapper, mixed species, raw	85.0	3.0 oz	0.516
15216	Fish, spot, cooked, dry heat	50.0	1.0 fillet	0.351
15103	Fish, spot, raw	64.0	1.0 fillet	0.351
15105	Fish, sturgeon, mixed species, cooked, dry heat	85.0	3.0 oz	0.521
15104	Fish, sturgeon, mixed species, raw	85.0	3.0 oz	0.406
15106	Fish, sturgeon, mixed species, smoked	28.35	1.0 oz	0.262
15217	Fish, sucker, white, cooked, dry heat	124.0	1.0 fillet	0.789
15107	Fish, sucker, white, raw	85.0	3.0 oz	0.422
15218	Fish, sunfish, pumpkin seed, cooked, dry heat	37.0	1.0 fillet	0.272
15108	Fish, sunfish, pumpkin seed, raw	48.0	1.0 fillet	0.276
15109	Fish, surimi	28.35	1.0 oz	0.146
15111	Fish, swordfish, cooked, dry heat	85.0	3.0 oz	0.594
15110	Fish, swordfish, raw	85.0	3.0 oz	0.498
15262	Fish, tilapia, cooked, dry heat	87.0	1.0 fillet	0.666
15261	Fish, tilapia, raw	116.0	1.0 fillet	0.688
15113	Fish, tilefish, cooked, dry heat	150.0	0.5 fillet	1.088
15112	Fish, tilefish, raw	85.0	3.0 oz	0.440
15219	Fish, trout, mixed species, cooked, dry heat	62.0	1.0 fillet	0.489

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
15114	Fish, trout, mixed species, raw	79.0	1.0 fillet	0.486
15241	Fish, trout, rainbow, farmed, cooked, dry heat	71.0	1.0 fillet	0.524
15240	Fish, trout, rainbow, farmed, raw	79.0	1.0 fillet	0.488
15116	Fish, trout, rainbow, wild, cooked, dry heat	143.0	1.0 fillet	0.971
15115	Fish, trout, rainbow, wild, raw	85.0	3.0 oz	0.515
15128	Fish, tuna salad	85.0	3.0 oz	0.399
15118	Fish, tuna, fresh, bluefin, cooked, dry heat	85.0	3.0 oz	0.752
15117	Fish, tuna, fresh, bluefin, raw	85.0	3.0 oz	0.586
15123	Fish, tuna, fresh, skipjack, raw	85.0	3.0 oz	0.553
15127	Fish, tuna, fresh, yellowfin, raw	28.35	1.0 oz, boneless	0.196
15119	Fish, tuna, light, canned in oil, drained solids	146.0	1.0 cup, solid or chunks	1.259
15183	Fish, tuna, light, canned in oil, without salt, drained solids	85.0	3.0 oz	0.733
15121	Fish, tuna, light, canned in water, drained solids	28.35	1.0 oz	0.156
15184	Fish, tuna, light, canned in water, without salt, drained solids	85.0	3.0 oz	0.642
15220	Fish, tuna, skipjack, fresh, cooked, dry heat	85.0	3.0 oz	0.710
15124	Fish, tuna, white, canned in oil, drained solids	85.0	3.0 oz	0.667
15185	Fish, tuna, white, canned in oil, without salt, drained solids	85.0	3.0 oz	0.667
15126	Fish, tuna, white, canned in water, drained solids	85.0	3.0 oz	0.594
15186	Fish, tuna, white, canned in water, without salt, drained solids	85.0	3.0 oz	0.594
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85.0	3.0 oz	0.703
15222	Fish, turbot, european, cooked, dry heat	85.0	3.0 oz	0.518
15129	Fish, turbot, european, raw	85.0	3.0 oz	0.404
15223	Fish, whitefish, mixed species, cooked, dry heat	85.0	3.0 oz	0.615
15130	Fish, whitefish, mixed species, raw	85.0	3.0 oz	0.480
15131	Fish, whitefish, mixed species, smoked	136.0	1.0 cup, cooked	0.942
15133	Fish, whiting, mixed species, cooked, dry heat	72.0	1.0 fillet	0.500
15132	Fish, whiting, mixed species, raw	92.0	1.0 fillet	0.499
15224	Fish, wolffish, Atlantic, cooked, dry heat	119.0	0.5 fillet	0.790
15134	Fish, wolffish, Atlantic, raw	85.0	3.0 oz	0.440
15225	Fish, yellowtail, mixed species, cooked, dry heat	146.0	0.5 fillet	1.282
15135	Fish, yellowtail, mixed species, raw	85.0	3.0 oz	0.582
25045	Formulated bar, high fiber, chewy, oats and chocolate	40.0	1.0 bar	0.039
25021	Formulated bar, LUNA BAR, NUTZ OVER CHOCOLATE	48.0	1.0 bar	0.125
25016	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Energy Bar, all flavors	55.0	1.0 bar	0.146
25015	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Protein Performance Bar, Caramel Nut Rush	80.0	1.0 bar	0.276

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
25017	Formulated bar, POWER BAR, chocolate	68.0	1.0 bar	0.197
25020	Formulated bar, SLIM-FAST OPTIMA meal bar, milk chocolate peanut	55.0	1.0 bar	0.121
07945	Frankfurter, beef, heated	48.0	1.0 frankfurter	0.159
07024	Frankfurter, chicken	85.0	3.0 oz	0.292
07950	Frankfurter, meat	52.0	1.0 serving (1 hot dog)	0.151
07963	Frankfurter, meat and poultry, cooked, boiled	50.0	1.0 frankfurter	0.124
07964	Frankfurter, meat and poultry, cooked, grilled	48.0	1.0 frankfurter	0.123
07962	Frankfurter, meat and poultry, unheated	51.0	1.0 frankfurter	0.120
07949	Frankfurter, meat, heated	52.0	1.0 serving (1 hot dog)	0.144
07939	Frankfurter, pork	76.0	1.0 link	0.243
07025	Frankfurter, turkey	28.35	1.0 oz	0.114
18268	French toast, frozen, ready-to-heat	28.35	1.0 oz	0.047
18269	French toast, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.053
16173	Frijoles rojos volteados (Refried beans, red, canned)	233.0	1.0 cup	0.310
19240	Frostings, chocolate, creamy, dry mix	388.0	1.0 package	0.054
19241	Frostings, chocolate, creamy, dry mix, prepared with butter	33.0	2.0 tablespoon	0.004
19372	Frostings, chocolate, creamy, dry mix, prepared with margarine	33.0	2.0 tablespoon	0.004
19226	Frostings, chocolate, creamy, ready-to-eat	41.0	2.0 tbsp creamy	0.005
19228	Frostings, cream cheese-flavor, ready-to-eat	33.0	2.0 tbsp creamy	0.000
19244	Frostings, vanilla, creamy, dry mix	411.0	1.0 package	0.021
19371	Frostings, vanilla, creamy, dry mix, prepared with margarine	33.0	2.0 tablespoon	0.002
19246	Frostings, white, fluffy, dry mix	207.0	1.0 package	0.149
19247	Frostings, white, fluffy, dry mix, prepared with water	315.0	1.0 package yields	0.151
19393	Frozen yogurts, chocolate, soft-serve	72.0	0.5 cup (4 fl oz)	0.060
19293	Frozen yogurts, vanilla, soft-serve	72.0	0.5 cup	0.068
19018	Fruit syrup	334.0	1.0 cup	0.000
17330	Game meat , bison, ground, raw	85.0	1.0 serving (3 oz)	0.429
17332	Game meat , bison, top sirloin, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	0.645
17145	Game meat, antelope, cooked, roasted	85.0	3.0 oz	0.712
17144	Game meat, antelope, raw	28.35	1.0 oz	0.181
17151	Game meat, beaver, cooked, roasted	85.0	3.0 oz	0.673
17150	Game meat, beaver, raw	28.35	1.0 oz	0.155
17333	Game meat, bison, chuck, shoulder clod, separable lean only, cooked, braised	85.0	1.0 serving (3 oz)	0.777
17334	Game meat, bison, chuck, shoulder clod, separable lean only, raw	85.0	1.0 serving (3 oz)	0.485
17331	Game meat, bison, ground, cooked, pan-broiled	87.0	1.0 patty (yield from 112.7 g raw meat)	0.559
17335	Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	0.677

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
17268	Game meat, bison, ribeye, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	0.149
17157	Game meat, bison, separable lean only, cooked, roasted	85.0	3.0 oz	0.573
17156	Game meat, bison, separable lean only, raw	28.35	1.0 oz	0.145
17269	Game meat, bison, shoulder clod, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	0.142
17336	Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	0.694
17337	Game meat, bison, top round, separable lean only, 1" steak, raw	85.0	1.0 serving (3 oz)	0.536
17267	Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	0.144
17159	Game meat, boar, wild, cooked, roasted	85.0	3.0 oz	0.592
17158	Game meat, boar, wild, raw	28.35	1.0 oz	0.150
17161	Game meat, buffalo, water, cooked, roasted	85.0	3.0 oz	0.571
17160	Game meat, buffalo, water, raw	28.35	1.0 oz	0.145
17163	Game meat, caribou, cooked, roasted	85.0	3.0 oz	0.565
17162	Game meat, caribou, raw	28.35	1.0 oz	0.143
17165	Game meat, deer, cooked, roasted	85.0	3.0 oz	0.633
17344	Game meat, deer, ground, cooked, pan-broiled	93.0	1.0 patty	0.573
17343	Game meat, deer, ground, raw	85.0	1.0 patty (cooked from 4 oz raw)	0.429
17345	Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled	54.0	1.0 steak	0.383
17164	Game meat, deer, raw	28.35	1.0 oz	0.160
17346	Game meat, deer, shoulder clod, separable lean only, cooked, braised	85.0	1.0 serving (3 oz)	0.711
17347	Game meat, deer, tenderloin, separable lean only, cooked, broiled	85.0	1.0 serving (3 oz)	0.595
17348	Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled	102.0	1.0 steak (yield from 134.9 g raw meat)	0.758
17167	Game meat, elk, cooked, roasted	85.0	3.0 oz	0.616
17339	Game meat, elk, ground, cooked, pan-broiled	95.0	1.0 patty (yield from 104.1 g raw meat)	0.621
17338	Game meat, elk, ground, raw	102.0	1.0 patty (yield from 102.2 g raw meat)	0.545
17340	Game meat, elk, loin, separable lean only, cooked, broiled	114.0	1.0 steak (yield from 148.1 g raw meat)	0.868
17166	Game meat, elk, raw	28.35	1.0 oz	0.156
17341	Game meat, elk, round, separable lean only, cooked, broiled	85.0	1.0 serving (3 oz)	0.646
17342	Game meat, elk, tenderloin, separable lean only, cooked, broiled	92.0	1.0 steak (yield from 123.5 g raw meat)	0.695
17169	Game meat, goat, cooked, roasted	85.0	3.0 oz	0.617
17171	Game meat, horse, cooked, roasted	85.0	3.0 oz	0.530
17170	Game meat, horse, raw	28.35	1.0 oz	0.134
17173	Game meat, moose, cooked, roasted	85.0	3.0 oz	0.637
17172	Game meat, moose, raw	28.35	1.0 oz	0.161
17175	Game meat, muskrat, cooked, roasted	85.0	3.0 oz	0.426
17174	Game meat, muskrat, raw	28.35	1.0 oz	0.098
17178	Game meat, rabbit, domesticated, composite of cuts, cooked, roasted	85.0	3.0 oz	0.618

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
17179	Game meat, rabbit, domesticated, composite of cuts, cooked, stewed	85.0	3.0 oz	0.646
17177	Game meat, rabbit, domesticated, composite of cuts, raw	28.35	1.0 oz	0.142
17181	Game meat, rabbit, wild, cooked, stewed	85.0	3.0 oz	0.702
17180	Game meat, rabbit, wild, raw	28.35	1.0 oz	0.155
17184	Game meat, squirrel, cooked, roasted	85.0	3.0 oz	0.574
17183	Game meat, squirrel, raw	28.35	1.0 oz	0.132
18963	Garlic bread, frozen	43.0	1.0 slice presliced	0.045
11215	Garlic, raw	136.0	1.0 cup	0.103
19172	Gelatin desserts, dry mix	85.0	1.0 package (3 oz)	0.053
19173	Gelatin desserts, dry mix, prepared with water	135.0	0.5 cup	0.014
19703	Gelatin desserts, dry mix, reduced calorie, with aspartame, added phosphorus, potassium, sodium, vitamin C	9.0	1.0 tbsp	0.040
19704	Gelatin desserts, dry mix, reduced calorie, with aspartame, no added sodium	9.0	1.0 tbsp	0.040
19702	Gelatin desserts, dry mix, with added ascorbic acid, sodium-citrate and salt	85.0	1.0 package (3 oz)	0.053
19177	Gelatins, dry powder, unsweetened	7.0	1.0 envelope (1 tbsp)	0.042
11216	Ginger root, raw	2.0	1.0 tsp	0.000
17168	Goat, raw	28.35	1.0 oz	0.156
09110	Goji berries, dried	28.0	5.0 tbsp	0.024
05147	Goose, domesticated, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0.851
05146	Goose, domesticated, meat and skin, raw	85.0	3.0 oz	0.326
05149	Goose, domesticated, meat only, cooked, roasted	143.0	1.0 unit (yield from 1 lb ready-to-cook goose)	1.120
05148	Goose, domesticated, meat only, raw	85.0	3.0 oz	0.523
05150	Goose, liver, raw	94.0	1.0 liver	0.365
11784	Gourd, white-flowered (calabash), cooked, boiled, drained, with salt	146.0	1.0 cup (1" cubes)	0.006
11219	Gourd, white-flowered (calabash), cooked, boiled, drained, without salt	146.0	1.0 cup (1" cubes)	0.006
11218	Gourd, white-flowered (calabash), raw	58.0	0.5 cup (1" pieces)	0.002
09512	Grape juice, canned or bottled, unsweetened, with added ascorbic acid and calcium	253.0	1.0 cup	0.003
09135	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	253.0	1.0 cup	0.003
09111	Grapefruit, raw, pink and red and white, all areas	230.0	1.0 cup sections, with juice	0.014
09112	Grapefruit, raw, pink and red, all areas	230.0	1.0 cup sections, with juice	0.016
09113	Grapefruit, raw, pink and red, California and Arizona	230.0	1.0 cup sections, with juice	0.012
09114	Grapefruit, raw, pink and red, Florida	230.0	1.0 cup sections, with juice	0.012
09116	Grapefruit, raw, white, all areas	230.0	1.0 cup sections, with juice	0.016
09117	Grapefruit, raw, white, California	230.0	1.0 cup sections, with juice	0.018
09118	Grapefruit, raw, white, Florida	230.0	1.0 cup sections, with juice	0.014
09120	Grapefruit, sections, canned, juice pack, solids and liquids	249.0	1.0 cup	0.017

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254.0	1.0 cup	0.013
09119	Grapefruit, sections, canned, water pack, solids and liquids	244.0	1.0 cup	0.012
09131	Grapes, american type (slip skin), raw	92.0	1.0 cup	0.019
09134	Grapes, canned, thompson seedless, heavy syrup pack, solids and liquids	256.0	1.0 cup	0.041
09133	Grapes, canned, thompson seedless, water pack, solids and liquids	245.0	1.0 cup	0.042
09132	Grapes, red or green (European type, such as Thompson seedless), raw	151.0	1.0 cup	0.014
06985	Gravy, HEINZ Home Style, savory beef	57.0	1.0 serving 1/4 cup 2 oz	0.007
05669	Ground turkey, 85% lean, 15% fat, pan-broiled crumbles	85.0	3.0 oz	0.629
05670	Ground turkey, 85% lean, 15% fat, patties, broiled	85.0	3.0 oz	0.649
05668	Ground turkey, 85% lean, 15% fat, raw	85.0	1.0 patty (cooked from 4 oz raw)	0.422
05666	Ground turkey, 93% lean, 7% fat, pan-broiled crumbles	85.0	3.0 oz	0.677
05667	Ground turkey, 93% lean, 7% fat, patties, broiled	85.0	3.0 oz	0.648
05665	Ground turkey, 93% lean, 7% fat, raw	28.35	1.0 oz	0.156
05306	Ground turkey, cooked	82.0	1.0 patty (4 oz, raw) (yield after cooking)	0.661
05663	Ground turkey, fat free, pan-broiled crumbles	85.0	3.0 oz	0.791
05664	Ground turkey, fat free, patties, broiled	85.0	1.0 patty	0.725
05662	Ground turkey, fat free, raw	85.0	1.0 patty (cooked from 4 oz raw)	0.587
05305	Ground turkey, raw	453.6	1.0 lb	2.622
09143	Guava sauce, cooked	238.0	1.0 cup	0.005
09139	Guavas, common, raw	165.0	1.0 cup	0.026
09140	Guavas, strawberry, raw	244.0	1.0 cup	0.010
05151	Guinea hen, meat and skin, raw	85.0	3.0 oz	0.525
05152	Guinea hen, meat only, raw	85.0	3.0 oz	0.485
07032	Ham and cheese loaf or roll	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.123
07033	Ham and cheese spread	15.0	1.0 tbsp	0.071
07031	Ham salad spread	15.0	1.0 tbsp	0.034
07026	Ham, chopped, canned	28.35	1.0 oz	0.119
07030	Ham, minced	28.35	1.0 oz	0.129
07029	Ham, sliced, regular (approximately 11% fat)	56.0	56.0 grams 1 serving	0.179
11961	Hearts of palm, canned	146.0	1.0 cup	0.061
20030	Hominy, canned, white	165.0	1.0 cup	0.051
20330	Hominy, canned, yellow	160.0	1.0 cup	0.050
19296	Honey	339.0	1.0 cup	0.003
07088	Honey roll sausage, beef	23.0	1.0 slice (4" dia x 1/8" thick)	0.103
22537	HOT POCKETS Ham 'N Cheese Stuffed Sandwich, frozen	127.0	1.0 serving (1 hot pocket)	0.240
22961	HOT POCKETS, meatballs & mozzarella stuffed sandwich, frozen	127.0	1.0 hot pocket (1 NLEA serving)	0.235

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
16137	Hummus, home prepared	15.0	1.0 tablespoon	0.012
18270	Hush puppies, prepared from recipe	28.35	1.0 oz	0.048
16368	Hyacinth beans, mature seeds, cooked, boiled, with salt	194.0	1.0 cup	0.126
16068	Hyacinth beans, mature seeds, cooked, boiled, without salt	194.0	1.0 cup	0.126
16067	Hyacinth beans, mature seeds, raw	210.0	1.0 cup	0.401
11788	Hyacinth-beans, immature seeds, cooked, boiled, drained, with salt	87.0	1.0 cup	0.023
11225	Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt	87.0	1.0 cup	0.023
11224	Hyacinth-beans, immature seeds, raw	80.0	1.0 cup	0.015
18271	Ice cream cones, cake or wafer-type	28.35	1.0 oz	0.040
18272	Ice cream cones, sugar, rolled-type	28.35	1.0 oz	0.039
01236	Ice cream, soft serve, chocolate	86.0	0.5 cup	0.078
19090	Ice creams, french vanilla, soft-serve	86.0	0.5 cup (4 fl oz)	0.078
19898	Ice creams, regular, low carbohydrate, vanilla	58.0	1.0 individual (3.5 fl oz)	0.047
19095	Ice creams, vanilla	66.0	1.0 serving 1/2 cup	0.053
19096	Ice creams, vanilla, light, soft-serve	88.0	1.0 serving 1/2 cup	0.096
19089	Ice creams, vanilla, rich	107.0	0.5 cup	0.081
08580	Incaparina, dry mix (corn and soy flours), unprepared	8.9	1.0 tbsp	0.039
09144	Jackfruit, raw	165.0	1.0 cup, sliced	0.056
19297	Jams and preserves	20.0	1.0 tbsp	0.000
11789	Jute, potherb, cooked, boiled, drained, with salt	87.0	1.0 cup	0.044
11232	Jute, potherb, cooked, boiled, drained, without salt	87.0	1.0 cup	0.044
11231	Jute, potherb, raw	28.0	1.0 cup	0.018
11790	Kale, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	0.023
11234	Kale, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	0.023
11791	Kale, frozen, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	0.035
11236	Kale, frozen, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	0.035
11235	Kale, frozen, unprepared	94.0	0.333 package (10 oz)	0.024
11792	Kale, scotch, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	0.023
11623	Kale, scotch, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	0.023
11622	Kale, scotch, raw	67.0	1.0 cup, chopped	0.018
21419	KFC, biscuit	49.0	1.0 biscuit	0.055
21420	KFC, Coleslaw	112.0	1.0 package	0.019
21421	KFC, Crispy Chicken Strips	47.0	1.0 strip	0.204
21438	KFC, Fried Chicken, EXTRA CRISPY, Breast, meat and skin with breading	212.0	1.0 breast, with skin	0.653
21430	KFC, Fried Chicken, EXTRA CRISPY, Breast, meat only, skin and breading removed	140.0	1.0 breast, without skin	0.553
21439	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat and skin with breading	81.0	1.0 drumstick, with skin	0.242

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
21431	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat only, skin and breading removed	41.0	1.0 drumstick, bone and skin removed	0.154
21440	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat and skin with breading	152.0	1.0 thigh, with skin	0.378
21432	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat only, skin and breading removed	91.0	1.0 thigh, without skin	0.295
21441	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat and skin with breading	68.0	1.0 wing, with skin	0.205
21433	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat only, skin and breading removed	44.0	1.0 wing, without skin	0.183
21434	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat and skin with breading	212.0	1.0 breast, with skin	0.666
21425	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat only, skin and breading removed	152.0	1.0 breast without skin	0.591
21435	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat and skin with breading	75.0	1.0 drumstick, with skin	0.239
21426	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat only, skin and breading removed	40.0	1.0 drumstick, bone and skin removed	0.152
21436	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat and skin with breading	135.0	1.0 thigh, with skin	0.370
21427	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat only, skin and breading removed	86.0	1.0 thigh without skin	0.284
21437	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat and skin with breading	60.0	1.0 wing, with skin	0.188
21428	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat only, skin and breading removed	39.0	1.0 wing wing without skin	0.162
21422	KFC, Popcorn Chicken	6.4	1.0 piece	0.023
07968	Kielbasa, fully cooked, grilled	85.0	3.0 oz	0.243
07969	Kielbasa, fully cooked, pan-fried	370.0	1.0 link	1.051
07970	Kielbasa, fully cooked, unheated	85.0	3.0 oz	0.225
09148	Kiwifruit, green, raw	180.0	1.0 cup, sliced	0.043
07038	Knackwurst, knockwurst, pork, beef	72.0	1.0 link	0.199
11793	Kohlrabi, cooked, boiled, drained, with salt	165.0	1.0 cup slices	0.023
11242	Kohlrabi, cooked, boiled, drained, without salt	165.0	1.0 cup slices	0.023
11241	Kohlrabi, raw	135.0	1.0 cup	0.018
17281	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked	85.0	3.0 oz	0.534
17280	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.130
17283	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, cooked	85.0	3.0 oz	0.581
17282	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.147
17449	Lamb, Australian, imported, fresh, external fat, cooked	85.0	3.0 oz	0.347
17287	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.539
17286	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.137
17289	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.598
17288	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.151

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
17453	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.565
17454	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.578
17439	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.587
17444	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.613
17307	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.556
17306	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.139
17309	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.582
17308	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.150
17455	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.606
17456	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.567
17440	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.631
17441	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.619
17295	Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.549
17294	Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.135
17297	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.592
17296	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.149
17303	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.560
17302	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.133
17305	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.601
17304	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.148
17299	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.541

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
17298	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.125
17301	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.603
17300	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.149
17457	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.619
17458	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.604
17445	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.659
17446	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.636
17291	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.547
17290	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.132
17293	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.594
17292	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.149
17311	Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.555
17310	Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.140
17313	Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.577
17312	Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.153
17463	Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.533
17448	Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.575
17462	Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, roasted	85.0	3.0 oz	0.533
17447	Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, roasted	85.0	3.0 oz	0.545
17315	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, grilled	85.0	3.0 oz	0.585
17317	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, grilled	85.0	3.0 oz	0.660
17464	Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, grilled	85.0	3.0 oz	0.635

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
17461	Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, grilled	85.0	3.0 oz	0.681
17314	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.586
17316	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.663
17285	Lamb, Australian, imported, fresh, separable fat, cooked	85.0	3.0 oz	0.205
17284	Lamb, Australian, imported, fresh, separable fat, raw	28.35	1.0 oz	0.045
17329	Lamb, Australian, imported, fresh, shoulder ,blade, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.518
17323	Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.646
17322	Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.124
17325	Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.744
17324	Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.144
17327	Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.473
17326	Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.120
17328	Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.139
17319	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked	85.0	3.0 oz	0.513
17318	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.121
17320	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.141
17321	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, cooked	85.0	3.0 oz	0.570
17459	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.634
17460	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.640
17442	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.636
17443	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.645
17006	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	0.265
17005	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.048
17002	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	0.535

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
17001	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.123
17227	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	0.557
17226	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.128
17004	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	0.615
17003	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.148
17060	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, braised	85.0	3.0 oz	0.735
17061	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, broiled	85.0	3.0 oz	0.612
17059	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, raw	28.35	1.0 oz	0.147
17008	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	148.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	1.077
17007	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.137
17228	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.137
17229	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	148.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	1.077
17010	Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	128.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	1.019
17009	Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.153
17016	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.576
17015	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.135
17233	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.583
17232	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.138
17018	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.615
17017	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.149
17020	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.537
17019	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.123
17235	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.544
17234	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.125
17022	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.619
17021	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.149
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.558

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
17011	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.130
17231	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.571
17230	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.134
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.617
17013	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.150
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.549
17025	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.492
17023	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.119
17237	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.569
17238	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.507
17236	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.125
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.655
17028	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.580
17026	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.152
17030	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.483
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.461
17029	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.106
17240	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.503
17241	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.476
17239	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.111
17033	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	147.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	1.047
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.570
17032	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.145
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0.663
17045	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.533
17046	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.491
17043	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.122
17247	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.678
17246	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.125
17249	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, roasted	85.0	3.0 oz	0.501
17248	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.543
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0.775
17049	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.604

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
17050	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.555
17047	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.145
17052	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0.622
17053	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.503
17054	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.485
17051	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.121
17251	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.631
17252	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.513
17253	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.493
17250	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.124
17056	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0.706
17057	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.556
17058	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.537
17055	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.140
17036	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0.626
17037	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.533
17038	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.491
17035	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.121
17243	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.643
17244	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.520
17245	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.495
17242	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.124
17040	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0.716
17041	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.592
17042	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.544
17039	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.142
17225	Lamb, ground, cooked, broiled	85.0	3.0 oz	0.540

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
17224	Lamb, ground, raw	28.35	1.0 oz	0.120
17357	Lamb, New Zealand, imported, brains, cooked, soaked and fried	85.0	3.0 oz	0.389
17358	Lamb, New Zealand, imported, brains, raw	113.0	4.0 oz	0.418
17359	Lamb, New Zealand, imported, breast, separable lean only, cooked, braised	85.0	3.0 oz	0.781
17360	Lamb, New Zealand, imported, breast, separable lean only, raw	113.0	4.0 oz	0.675
17361	Lamb, New Zealand, imported, chump, boneless, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.657
17363	Lamb, New Zealand, imported, chump, boneless, separable lean only, raw	113.0	4.0 oz	0.799
17401	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.568
17402	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, raw	113.0	4.0 oz	0.597
17365	Lamb, New Zealand, imported, flap, boneless, separable lean only, cooked, braised	85.0	3.0 oz	0.774
17366	Lamb, New Zealand, imported, flap, boneless, separable lean only, raw	113.0	4.0 oz	0.801
17069	Lamb, New Zealand, imported, fore-shank, separable lean and fat, cooked, braised	85.0	1.0 serving	0.842
17068	Lamb, New Zealand, imported, fore-shank, separable lean and fat, raw	115.0	1.0 serving	0.753
17071	Lamb, New Zealand, imported, fore-shank, separable lean only, cooked, braised	85.0	1.0 serving	0.924
17070	Lamb, New Zealand, imported, fore-shank, separable lean only, raw	115.0	1.0 serving	0.827
17067	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, cooked	85.0	3.0 oz	0.212
17066	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, raw	28.35	1.0 oz	0.050
17063	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, cooked	85.0	3.0 oz	0.533
17062	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, raw	28.35	1.0 oz	0.122
17255	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked	85.0	3.0 oz	0.551
17254	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.131
17065	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, cooked	85.0	3.0 oz	0.645
17064	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, raw	28.35	1.0 oz	0.151
17257	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.588
17256	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.131
17073	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, cooked, roasted	85.0	3.0 oz	0.541
17259	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.552
17258	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.136
17075	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean only, cooked, roasted	85.0	3.0 oz	0.603
17077	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.511

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
17261	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.532
17260	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.125
17079	Lamb, New Zealand, imported, frozen, loin, separable lean only, cooked, broiled	85.0	3.0 oz	0.639
17263	Lamb, New Zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.434
17262	Lamb, new zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.115
17085	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	85.0	3.0 oz	0.615
17265	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.642
17264	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.125
17087	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean only, cooked, braised	85.0	3.0 oz	0.743
17370	Lamb, New Zealand, imported, ground lamb, cooked, braised	85.0	3.0 oz	0.626
17371	Lamb, New Zealand, imported, ground lamb, raw	113.0	4.0 oz	0.749
17372	Lamb, New Zealand, imported, heart, cooked, soaked and simmered	85.0	3.0 oz	0.728
17373	Lamb, New Zealand, imported, heart, raw	113.0	4.0 oz	0.667
17403	Lamb, New Zealand, imported, hind-shank, separable lean and fat, cooked, braised	85.0	3.0 oz	0.820
17404	Lamb, New Zealand, imported, hind-shank, separable lean and fat, raw	113.0	4.0 oz	0.678
17390	Lamb, New Zealand, imported, hind-shank, separable lean only, cooked, braised	85.0	3.0 oz	0.901
17391	Lamb, New Zealand, imported, hind-shank, separable lean only, raw	113.0	4.0 oz	0.753
17364	Lamb, New Zealand, imported, kidney, cooked, soaked and fried	85.0	3.0 oz	0.548
17367	Lamb, New Zealand, imported, kidney, raw	113.0	4.0 oz	0.560
17405	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.673
17072	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, raw	115.0	1.0 serving	0.699
17400	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, cooked, fast fried	85.0	3.0 oz	0.729
17074	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, raw	115.0	1.0 serving	0.791
17368	Lamb, New Zealand, imported, liver, cooked, soaked and fried	85.0	3.0 oz	0.716
17369	Lamb, New Zealand, imported, liver, raw	113.0	4.0 oz	0.763
17406	Lamb, New Zealand, imported, loin chop, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.596
17076	Lamb, New Zealand, imported, loin chop, separable lean and fat, raw	115.0	1.0 serving	0.577
17398	Lamb, New Zealand, imported, loin chop, separable lean only, cooked, fast fried	85.0	3.0 oz	0.761
17078	Lamb, New Zealand, imported, loin chop, separable lean only, raw	115.0	1.0 serving	0.750
17407	Lamb, New Zealand, imported, loin saddle, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.586
17408	Lamb, New Zealand, imported, loin saddle, separable lean and fat, raw	113.0	4.0 oz	0.610
17386	Lamb, New Zealand, imported, loin saddle, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.708

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
17387	Lamb, New Zealand, imported, loin saddle, separable lean only, raw	113.0	4.0 oz	0.768
17409	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.803
17410	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, raw	113.0	4.0 oz	0.790
17388	Lamb, New Zealand, imported, loin, boneless, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.804
17389	Lamb, New Zealand, imported, loin, boneless, separable lean only, raw	113.0	4.0 oz	0.792
17411	Lamb, New Zealand, imported, neck chops, separable lean and fat, cooked, braised	85.0	3.0 oz	0.791
17412	Lamb, New Zealand, imported, neck chops, separable lean and fat, raw	113.0	4.0 oz	0.664
17393	Lamb, New Zealand, imported, neck chops, separable lean only, cooked, braised	85.0	3.0 oz	0.870
17392	Lamb, New Zealand, imported, neck chops, separable lean only, raw	113.0	4.0 oz	0.757
17413	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0.595
17414	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, raw	113.0	4.0 oz	0.623
17394	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, cooked, slow roasted	85.0	3.0 oz	0.697
17395	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, raw	113.0	4.0 oz	0.745
17419	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.653
17420	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, raw	113.0	4.0 oz	0.733
17396	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.677
17397	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, raw	113.0	4.0 oz	0.759
17081	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, cooked, fast roasted	85.0	1.0 serving	0.612
17080	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, raw	115.0	1.0 serving	0.680
17083	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, cooked, fast roasted	85.0	1.0 serving	0.677
17082	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, raw	115.0	1.0 serving	0.775
17415	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, cooked, braised	85.0	3.0 oz	0.743
17416	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, raw	113.0	4.0 oz	0.627
17382	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, cooked, braised	85.0	3.0 oz	0.861
17383	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, raw	113.0	4.0 oz	0.760
17417	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0.579
17084	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, raw	115.0	1.0 serving	0.606
17399	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, cooked, slow roasted	85.0	3.0 oz	0.695
17086	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, raw	115.0	1.0 serving	0.739
17374	Lamb, New Zealand, imported, sweetbread, cooked, soaked and simmered	85.0	3.0 oz	0.586
17375	Lamb, New Zealand, imported, sweetbread, raw	113.0	4.0 oz	0.406
17418	Lamb, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.773
17423	Lamb, New Zealand, imported, tenderloin, separable lean and fat, raw	113.0	4.0 oz	0.754
17384	Lamb, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	85.0	3.0 oz	0.775

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
17385	Lamb, New Zealand, imported, tenderloin, separable lean only, raw	113.0	4.0 oz	0.757
17376	Lamb, New Zealand, imported, testes, cooked, soaked and fried	85.0	3.0 oz	0.583
17377	Lamb, New Zealand, imported, testes, raw	113.0	4.0 oz	0.420
17378	Lamb, New Zealand, imported, tongue - swiss cut, cooked, soaked and simmered	85.0	3.0 oz	0.485
17379	Lamb, New Zealand, imported, tongue - swiss cut, raw	113.0	4.0 oz	0.525
17421	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0.649
17422	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, raw	113.0	4.0 oz	0.681
17380	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, cooked, slow roasted	85.0	3.0 oz	0.701
17381	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, raw	113.0	4.0 oz	0.772
17186	Lamb, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	0.212
17187	Lamb, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	0.287
17185	Lamb, variety meats and by-products, brain, raw	28.35	1.0 oz	0.059
17192	Lamb, variety meats and by-products, heart, cooked, braised	85.0	3.0 oz	0.465
17191	Lamb, variety meats and by-products, heart, raw	28.35	1.0 oz	0.102
17196	Lamb, variety meats and by-products, kidneys, cooked, braised	85.0	3.0 oz	0.408
17195	Lamb, variety meats and by-products, kidneys, raw	28.35	1.0 oz	0.090
17200	Lamb, variety meats and by-products, liver, cooked, braised	85.0	3.0 oz	0.564
17201	Lamb, variety meats and by-products, liver, cooked, pan-fried	85.0	3.0 oz	0.471
17199	Lamb, variety meats and by-products, liver, raw	28.35	1.0 oz	0.125
17206	Lamb, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	0.305
17205	Lamb, variety meats and by-products, lungs, raw	28.35	1.0 oz	0.085
17209	Lamb, variety meats and by-products, mechanically separated, raw	28.35	1.0 oz	0.119
17211	Lamb, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	0.280
17210	Lamb, variety meats and by-products, pancreas, raw	28.35	1.0 oz	0.061
17215	Lamb, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	0.428
17214	Lamb, variety meats and by-products, spleen, raw	28.35	1.0 oz	0.093
17221	Lamb, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	0.388
17220	Lamb, variety meats and by-products, tongue, raw	28.35	1.0 oz	0.094
11794	Lambsquarters, cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	0.067
11245	Lambsquarters, cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	0.067
04002	Lard	12.8	1.0 tbsp	0.000
22916	Lasagna with meat & sauce, frozen entree	134.0	1.0 piece side	0.200
22977	Lasagna with meat sauce, frozen, prepared	123.0	1.0 piece side	0.202
22910	Lasagna, cheese, frozen, prepared	225.0	1.0 cup 1 serving	0.326

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
22956	Lasagna, Vegetable, frozen, baked	227.0	1.0 serving	0.275
22962	LEAN POCKETS, Ham N Cheddar	127.0	1.0 hot pocket (1 NLEA serving)	0.277
22963	Lean Pockets, Meatballs & Mozzarella	128.0	1.0 each	0.262
18375	Leavening agents, yeast, baker's, active dry	4.0	1.0 tsp	0.024
18374	Leavening agents, yeast, baker's, compressed	17.0	1.0 cake (0.6 oz)	0.028
11795	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, with salt	124.0	1.0 leek	0.012
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	124.0	1.0 leek	0.012
11246	Leeks, (bulb and lower leaf-portion), raw	89.0	1.0 cup	0.016
11624	Leeks, (bulb and lower-leaf portion), freeze-dried	0.2	1.0 tbsp	0.000
16370	Lentils, mature seeds, cooked, boiled, with salt	198.0	1.0 cup	0.152
16070	Lentils, mature seeds, cooked, boiled, without salt	198.0	1.0 cup	0.152
16144	Lentils, pink or red, raw	192.0	1.0 cup	0.407
16069	Lentils, raw	192.0	1.0 cup	0.403
11248	Lentils, sprouted, raw	77.0	1.0 cup	0.081
11250	Lettuce, butterhead (includes boston and bibb types), raw	55.0	1.0 cup, shredded or chopped	0.008
11251	Lettuce, cos or romaine, raw	47.0	1.0 cup shredded	0.007
11253	Lettuce, green leaf, raw	36.0	1.0 cup shredded	0.006
11252	Lettuce, iceberg (includes crisphead types), raw	72.0	1.0 cup shredded	0.004
11257	Lettuce, red leaf, raw	28.0	1.0 cup shredded	0.004
11715	Lima beans, immature seeds, canned, no salt added, solids and liquids	248.0	1.0 cup	0.099
11033	Lima beans, immature seeds, canned, regular pack, solids and liquids	124.0	0.5 cup	0.050
11714	Lima beans, immature seeds, cooked, boiled, drained, with salt	170.0	1.0 cup	0.116
11032	Lima beans, immature seeds, cooked, boiled, drained, without salt	170.0	1.0 cup	0.116
11716	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, with salt	180.0	1.0 cup	0.119
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180.0	1.0 cup	0.119
11039	Lima beans, immature seeds, frozen, baby, unprepared	164.0	1.0 cup	0.123
11717	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, with salt	170.0	1.0 cup	0.102
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170.0	1.0 cup	0.102
11037	Lima beans, immature seeds, frozen, fordhook, unprepared	160.0	1.0 cup	0.101
11031	Lima beans, immature seeds, raw	156.0	1.0 cup	0.106
16073	Lima beans, large, mature seeds, canned	241.0	1.0 cup	0.149
16372	Lima beans, large, mature seeds, cooked, boiled, with salt	188.0	1.0 cup	0.186
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188.0	1.0 cup	0.186
16071	Lima beans, large, mature seeds, raw	178.0	1.0 cup	0.482
16375	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, with salt	182.0	1.0 cup	0.186
16075	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, without salt	182.0	1.0 cup	0.186

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
16074	Lima beans, thin seeded (baby), mature seeds, raw	202.0	1.0 cup	0.527
09160	Lime juice, raw	242.0	1.0 cup	0.005
09159	Limes, raw	67.0	1.0 fruit (2" dia)	0.001
09165	Litchis, dried	2.5	1.0 fruit	0.001
09164	Litchis, raw	190.0	1.0 cup	0.017
21290	LITTLE CAESARS 14" Cheese Pizza, Large Deep Dish Crust	102.0	1.0 slice	0.319
21292	LITTLE CAESARS 14" Cheese Pizza, Thin Crust	48.0	1.0 slice	0.221
21287	LITTLE CAESARS 14" Original Round Cheese Pizza, Regular Crust	89.0	1.0 slice	0.267
21289	LITTLE CAESARS 14" Original Round Meat and Vegetable Pizza, Regular Crust	115.0	1.0 slice	0.322
21288	LITTLE CAESARS 14" Original Round Pepperoni Pizza, Regular Crust	90.0	1.0 slice	0.291
21291	LITTLE CAESARS 14" Pepperoni Pizza, Large Deep Dish Crust	104.0	1.0 slice	0.286
07040	Liver cheese, pork	28.35	1.0 oz	0.097
07041	Liver sausage, liverwurst, pork	18.0	1.0 slice (2-1/2" dia x 1/4" thick)	0.051
07911	Liverwurst spread	55.0	0.25 cup	0.157
09173	Longans, dried	1.7	1.0 fruit	0.001
09172	Longans, raw	3.2	1.0 fruit without refuse	0.000
09174	Loquats, raw	149.0	1.0 cup, cubed	0.006
11796	Lotus root, cooked, boiled, drained, with salt	60.0	0.5 cup	0.008
11255	Lotus root, cooked, boiled, drained, without salt	60.0	0.5 cup	0.008
11254	Lotus root, raw	81.0	10.0 slices (2-1/2" dia)	0.018
07045	Luncheon meat, pork, canned	28.35	1.0 oz	0.094
07090	Luncheon sausage, pork and beef	23.0	1.0 slice (4" dia x 1/8" thick)	0.081
16377	Lupins, mature seeds, cooked, boiled, with salt	166.0	1.0 cup	0.183
16077	Lupins, mature seeds, cooked, boiled, without salt	166.0	1.0 cup	0.183
16076	Lupins, mature seeds, raw	180.0	1.0 cup	0.459
07060	Luxury loaf, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.131
22959	Macaroni and cheese dinner with dry sauce mix, boxed, uncooked	70.0	1.0 serving (makes about 1 cup prepared)	0.117
07940	Macaroni and cheese loaf, chicken, pork and beef	38.0	1.0 slice	0.101
32004	Macaroni and cheese, box mix with cheese sauce, unprepared	25.0	1.0 serving (3.5 oz)	0.040
22960	Macaroni and cheese, dry mix, prepared with 2% milk and 80% stick margarine from dry mix	198.0	1.0 cup	0.125
20106	Macaroni, vegetable, enriched, cooked	134.0	1.0 cup spiral shaped	0.094
20105	Macaroni, vegetable, enriched, dry	84.0	1.0 cup spiral shaped	0.171
09175	Mammy-apple, (mamey), raw	846.0	1.0 fruit without refuse	0.051
09176	Mangos, raw	165.0	1.0 cup pieces	0.013
04073	Margarine, regular, hard, soybean (hydrogenated)	4.7	1.0 tsp	0.001
04128	Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, with salt	14.9	1.0 tbsp	0.002

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
19303	Marmalade, orange	20.0	1.0 tbsp	0.001
21524	McDONALD'S, RANCH SNACK WRAP, Grilled	123.0	1.0 wrap	0.422
21340	McDONALD'S, Sausage Burrito	109.0	1.0 burrito	0.286
16106	Meat extender	88.0	1.0 cup	0.458
09181	Melons, cantaloupe, raw	177.0	1.0 cup, balls	0.021
09184	Melons, honeydew, raw	170.0	1.0 cup, diced (approx 20 pieces per cup)	0.008
01110	Milk shakes, thick chocolate	28.4	1.0 fl oz	0.022
01111	Milk shakes, thick vanilla	28.4	1.0 fl oz	0.028
01076	Milk substitutes, fluid, with lauric acid oil	244.0	1.0 cup	0.129
01094	Milk, buttermilk, dried	30.0	0.25 cup	0.258
01088	Milk, buttermilk, fluid, cultured, lowfat	245.0	1.0 cup	0.213
42189	Milk, buttermilk, fluid, cultured, reduced fat	245.0	1.0 cup	0.262
01230	Milk, buttermilk, fluid, whole	245.0	1.0 cup	0.206
01095	Milk, canned, condensed, sweetened	38.2	1.0 fl oz	0.076
01097	Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	31.9	1.0 fl oz	0.060
01153	Milk, canned, evaporated, with added vitamin A	31.5	1.0 fl oz	0.054
01096	Milk, canned, evaporated, with added vitamin D and without added vitamin A	31.5	1.0 fl oz	0.054
01214	Milk, canned, evaporated, without added vitamin A and vitamin D	252.0	1.0 cup	0.431
01105	Milk, chocolate beverage, hot cocoa, homemade	250.0	1.0 cup	0.190
01202	Milk, chocolate, fluid, commercial, reduced fat, with added calcium	250.0	1.0 cup	0.175
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	250.0	1.0 cup	0.195
01102	Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	250.0	1.0 cup	0.208
01104	Milk, chocolate, lowfat, with added vitamin A and vitamin D	250.0	1.0 cup	0.195
01093	Milk, dry, nonfat, calcium reduced	28.35	1.0 oz	0.252
01092	Milk, dry, nonfat, instant, with added vitamin A and vitamin D	68.0	1.0 cup	0.598
01155	Milk, dry, nonfat, instant, without added vitamin A and vitamin D	68.0	1.0 cup	0.598
01154	Milk, dry, nonfat, regular, with added vitamin A and vitamin D	30.0	0.25 cup	0.272
01091	Milk, dry, nonfat, regular, without added vitamin A and vitamin D	30.0	0.25 cup	0.272
01090	Milk, dry, whole, with added vitamin D	32.0	0.25 cup	0.211
01212	Milk, dry, whole, without added vitamin D	128.0	1.0 cup	0.845
01291	Milk, evaporated, 2% fat, with added vitamin A and vitamin D	252.0	1.0 cup	0.431
01059	Milk, filled, fluid, with blend of hydrogenated vegetable oils	244.0	1.0 cup	0.205
01060	Milk, filled, fluid, with lauric acid oil	244.0	1.0 cup	0.205
01175	Milk, fluid, 1% fat, without added vitamin A and vitamin D	244.0	1.0 cup	0.215
01106	Milk, goat, fluid, with added vitamin D	30.5	1.0 fl oz	0.024
01107	Milk, human, mature, fluid	30.8	1.0 fl oz	0.006

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
01108	Milk, indian buffalo, fluid	244.0	1.0 cup	0.237
01089	Milk, low sodium, fluid	244.0	1.0 cup	0.190
01084	Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A and vitamin D	246.0	1.0 cup	0.244
01083	Milk, lowfat, fluid, 1% milkfat, with added nonfat milk solids, vitamin A and vitamin D	245.0	1.0 cup	0.213
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	0.215
01087	Milk, nonfat, fluid, protein fortified, with added vitamin A and vitamin D (fat free and skim)	246.0	1.0 cup	0.244
01086	Milk, nonfat, fluid, with added nonfat milk solids, vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	0.220
01085	Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	0.216
01151	Milk, nonfat, fluid, without added vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	0.216
01078	Milk, producer, fluid, 3.7% milkfat	244.0	1.0 cup	0.200
01081	Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D	246.0	1.0 cup	0.244
01080	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids and vitamin A and vitamin D	245.0	1.0 cup	0.213
01152	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids, without added vitamin A	245.0	1.0 cup	0.220
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	0.212
01174	Milk, reduced fat, fluid, 2% milkfat, without added vitamin A and vitamin D	246.0	1.0 cup	0.214
01109	Milk, sheep, fluid	245.0	1.0 cup	0.380
01077	Milk, whole, 3.25% milkfat, with added vitamin D	244.0	1.0 cup	0.203
01211	Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D	244.0	1.0 cup	0.203
20647	Millet flour	119.0	1.0 cup	0.380
20032	Millet, cooked	174.0	1.0 cup	0.122
20031	Millet, raw	200.0	1.0 cup	0.442
16112	Miso	17.0	1.0 tbsp	0.022
15156	Mollusks, abalone, mixed species, cooked, fried	85.0	3.0 oz	0.375
15155	Mollusks, abalone, mixed species, raw	85.0	3.0 oz	0.328
15160	Mollusks, clam, mixed species, canned, drained solids	85.0	3.0 oz	0.593
15158	Mollusks, clam, mixed species, cooked, breaded and fried	85.0	3.0 oz	0.275
15159	Mollusks, clam, mixed species, cooked, moist heat	85.0	3.0 oz	0.490
15157	Mollusks, clam, mixed species, raw	85.0	3.0 oz	0.360
15229	Mollusks, cuttlefish, mixed species, cooked, moist heat	85.0	3.0 oz	0.623
15163	Mollusks, cuttlefish, mixed species, raw	85.0	3.0 oz	0.311
15165	Mollusks, mussel, blue, cooked, moist heat	85.0	3.0 oz	0.456
15164	Mollusks, mussel, blue, raw	150.0	1.0 cup	0.402
15230	Mollusks, octopus, common, cooked, moist heat	85.0	3.0 oz	0.572
15166	Mollusks, octopus, common, raw	85.0	3.0 oz	0.286
15170	Mollusks, oyster, eastern, canned	85.0	3.0 oz	0.135
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85.0	3.0 oz	0.169

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
15246	Mollusks, oyster, eastern, farmed, cooked, dry heat	85.0	3.0 oz	0.134
15245	Mollusks, oyster, eastern, farmed, raw	85.0	3.0 oz	0.100
15244	Mollusks, oyster, eastern, wild, cooked, dry heat	85.0	3.0 oz	0.170
15169	Mollusks, oyster, eastern, wild, cooked, moist heat	85.0	3.0 oz	0.218
15167	Mollusks, oyster, eastern, wild, raw	84.0	6.0 medium	0.108
15231	Mollusks, oyster, Pacific, cooked, moist heat	25.0	1.0 medium	0.106
15171	Mollusks, oyster, Pacific, raw	50.0	1.0 medium	0.106
90240	Mollusks, scallop, (bay and sea), cooked, steamed	85.0	3.0 oz	0.414
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	31.0	2.0 large	0.126
15174	Mollusks, scallop, mixed species, imitation, made from surimi	85.0	3.0 oz	0.368
15172	Mollusks, scallop, mixed species, raw	30.0	1.0 unit 2 large or 5 small	0.086
15176	Mollusks, squid, mixed species, cooked, fried	85.0	3.0 oz	0.343
15175	Mollusks, squid, mixed species, raw	28.35	1.0 oz, boneless	0.100
15178	Mollusks, whelk, unspecified, cooked, moist heat	85.0	3.0 oz	1.024
15177	Mollusks, whelk, unspecified, raw	85.0	3.0 oz	0.513
16163	MORI-NU, Tofu, silken, extra firm	84.0	1.0 slice	0.079
16162	MORI-NU, Tofu, silken, firm	84.0	1.0 slice	0.089
16165	MORI-NU, Tofu, silken, lite extra firm	84.0	1.0 slice	0.074
16164	MORI-NU, Tofu, silken, lite firm	84.0	1.0 slice	0.065
16161	MORI-NU, Tofu, silken, soft	84.0	1.0 slice	0.062
07050	Mortadella, beef, pork	28.35	1.0 oz	0.112
16379	Mothbeans, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.133
16079	Mothbeans, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.133
16078	Mothbeans, mature seeds, raw	196.0	1.0 cup	0.431
07061	Mother's loaf, pork	28.35	1.0 oz	0.101
11927	Mountain yam, hawaii, cooked, steamed, with salt	145.0	1.0 cup, cubes	0.033
11259	Mountain yam, hawaii, cooked, steamed, without salt	145.0	1.0 cup, cubes	0.033
11258	Mountain yam, hawaii, raw	68.0	0.5 cup, cubes	0.012
18940	Muffin, blueberry, commercially prepared, low-fat	71.0	1.0 muffin small	0.065
18274	Muffins, blueberry, commercially prepared (Includes mini-muffins)	28.35	1.0 oz	0.033
18275	Muffins, blueberry, dry mix	43.0	1.0 serving	0.035
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.039
18277	Muffins, blueberry, toaster-type	28.35	1.0 oz	0.019
18386	Muffins, blueberry, toaster-type, toasted	28.35	1.0 oz	0.020
18279	Muffins, corn, commercially prepared	28.35	1.0 oz	0.033
18280	Muffins, corn, dry mix, prepared	28.35	1.0 oz	0.047

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
18282	Muffins, corn, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.044
18281	Muffins, corn, toaster-type	28.35	1.0 oz	0.033
18283	Muffins, oat bran	28.35	1.0 oz	0.035
18273	Muffins, plain, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.041
18284	Muffins, wheat bran, dry mix	28.35	1.0 oz	0.032
18388	Muffins, wheat bran, toaster-type with raisins, toasted	28.35	1.0 oz	0.027
16381	Mung beans, mature seeds, cooked, boiled, with salt	202.0	1.0 cup	0.170
16081	Mung beans, mature seeds, cooked, boiled, without salt	202.0	1.0 cup	0.170
16080	Mung beans, mature seeds, raw	207.0	1.0 cup	0.592
11718	Mung beans, mature seeds, sprouted, cooked, boiled, drained, with salt	124.0	1.0 cup	0.031
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124.0	1.0 cup	0.031
11045	Mung beans, mature seeds, sprouted, cooked, stir-fried	124.0	1.0 cup	0.066
11043	Mung beans, mature seeds, sprouted, raw	104.0	1.0 cup	0.035
16384	Mungo beans, mature seeds, cooked, boiled, with salt	180.0	1.0 cup	0.198
16084	Mungo beans, mature seeds, cooked, boiled, without salt	180.0	1.0 cup	0.198
16083	Mungo beans, mature seeds, raw	207.0	1.0 cup	0.760
11266	Mushrooms, brown, italian, or crimini, raw	87.0	1.0 cup whole	0.042
11264	Mushrooms, canned, drained solids	156.0	1.0 cup	0.030
11950	Mushrooms, enoki, raw	5.0	1.0 large	0.002
11993	Mushrooms, maitake, raw	70.0	1.0 cup diced	0.010
11987	Mushrooms, oyster, raw	148.0	1.0 large	0.062
11939	Mushrooms, portabella, exposed to ultraviolet light, grilled	121.0	1.0 cup sliced	0.046
11998	Mushrooms, portabella, exposed to ultraviolet light, raw	86.0	1.0 cup diced	0.041
11243	Mushrooms, portabella, grilled	121.0	1.0 cup sliced	0.042
11265	Mushrooms, portabella, raw	86.0	1.0 cup diced	0.025
11798	Mushrooms, shiitake, cooked, with salt	145.0	1.0 cup pieces	0.036
11269	Mushrooms, shiitake, cooked, without salt	145.0	1.0 cup pieces	0.036
11268	Mushrooms, shiitake, dried	3.6	1.0 mushroom	0.006
11238	Mushrooms, shiitake, raw	19.0	1.0 piece whole	0.006
11267	Mushrooms, shiitake, stir-fried	89.0	1.0 cup whole	0.029
11797	Mushrooms, white, cooked, boiled, drained, with salt	156.0	1.0 cup pieces	0.034
11261	Mushrooms, white, cooked, boiled, drained, without salt	156.0	1.0 cup pieces	0.034
11260	Mushrooms, white, raw	70.0	1.0 cup, pieces or slices	0.022
11263	Mushrooms, white, stir-fried	108.0	1.0 cup sliced	0.037
11800	Mustard greens, frozen, cooked, boiled, drained, with salt	150.0	1.0 cup, chopped or diced	0.032
11273	Mustard greens, frozen, cooked, boiled, drained, without salt	150.0	1.0 cup, chopped	0.032

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
11272	Mustard greens, frozen, unprepared	146.0	1.0 cup, chopped	0.034
02046	Mustard, prepared, yellow	5.0	1.0 tsp or 1 packet	0.004
35141	Mutton, cooked, roasted (Navajo)	28.35	1.0 oz	0.260
16113	Natto	175.0	1.0 cup	0.364
09191	Nectarines, raw	143.0	1.0 cup slices	0.009
07091	New england brand sausage, pork, beef	23.0	1.0 slice (4" dia x 1/8" thick)	0.103
16082	Noodles, chinese, cellophane or long rice (mung beans), dehydrated	140.0	1.0 cup	0.003
20310	Noodles, egg, cooked, enriched, with added salt	160.0	1.0 cup	0.138
20510	Noodles, egg, cooked, unenriched, with added salt	160.0	1.0 cup	0.138
20109	Noodles, egg, dry, enriched	38.0	1.0 cup	0.102
20409	Noodles, egg, dry, unenriched	38.0	1.0 cup	0.102
20110	Noodles, egg, enriched, cooked	160.0	1.0 cup	0.138
20112	Noodles, egg, spinach, enriched, cooked	160.0	1.0 cup	0.149
20111	Noodles, egg, spinach, enriched, dry	38.0	1.0 cup	0.103
20410	Noodles, egg, unenriched, cooked, without added salt	160.0	1.0 cup	0.138
20115	Noodles, japanese, soba, cooked	114.0	1.0 cup	0.082
20114	Noodles, japanese, soba, dry	57.0	2.0 oz	0.116
20117	Noodles, japanese, somen, cooked	176.0	1.0 cup	0.109
20116	Noodles, japanese, somen, dry	57.0	2.0 oz	0.101
11964	Nopales, cooked, without salt	149.0	1.0 cup	0.024
11963	Nopales, raw	86.0	1.0 cup, sliced	0.013
12060	Nuts, acorn flour, full fat	28.35	1.0 oz	0.036
12059	Nuts, acorns, dried	28.35	1.0 oz	0.039
12058	Nuts, acorns, raw	28.35	1.0 oz	0.029
12695	Nuts, almond butter, plain, with salt added	16.0	1.0 tbsp	0.020
12195	Nuts, almond butter, plain, without salt added	16.0	1.0 tbsp	0.020
12061	Nuts, almonds	143.0	1.0 cup, whole	0.225
12062	Nuts, almonds, blanched	145.0	1.0 cup whole kernels	0.276
12563	Nuts, almonds, dry roasted, with salt added	138.0	1.0 cup whole kernels	0.214
12063	Nuts, almonds, dry roasted, without salt added	138.0	1.0 cup whole kernels	0.214
12206	Nuts, almonds, honey roasted, unblanched	144.0	1.0 cup whole kernels	0.258
12665	Nuts, almonds, oil roasted, lightly salted	157.0	1.0 cup whole kernels	0.295
12565	Nuts, almonds, oil roasted, with salt added	157.0	1.0 cup whole kernels	0.295
12065	Nuts, almonds, oil roasted, without salt added	157.0	1.0 cup whole kernels	0.295
12077	Nuts, beechnuts, dried	28.35	1.0 oz	0.041
12078	Nuts, brazilnuts, dried, unblanched	133.0	1.0 cup, whole	1.495

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
12084	Nuts, butternuts, dried	120.0	1.0 cup	0.733
12588	Nuts, cashew butter, plain, with salt added	16.0	1.0 tbsp	0.033
12088	Nuts, cashew butter, plain, without salt added	16.0	1.0 tbsp	0.050
12585	Nuts, cashew nuts, dry roasted, with salt added	137.0	1.0 cup, halves and whole	0.375
12085	Nuts, cashew nuts, dry roasted, without salt added	137.0	1.0 cup, halves and whole	0.375
12586	Nuts, cashew nuts, oil roasted, with salt added	129.0	1.0 cup, whole	0.431
12086	Nuts, cashew nuts, oil roasted, without salt added	129.0	1.0 cup, whole	0.431
12087	Nuts, cashew nuts, raw	28.35	1.0 oz	0.103
12095	Nuts, chestnuts, chinese, boiled and steamed	28.35	1.0 oz	0.020
12094	Nuts, chestnuts, chinese, dried	28.35	1.0 oz	0.047
12093	Nuts, chestnuts, chinese, raw	28.35	1.0 oz	0.029
12096	Nuts, chestnuts, chinese, roasted	28.35	1.0 oz	0.031
12101	Nuts, chestnuts, european, boiled and steamed	28.35	1.0 oz	0.013
12100	Nuts, chestnuts, european, dried, peeled	28.35	1.0 oz	0.033
12099	Nuts, chestnuts, european, dried, unpeeled	28.35	1.0 oz	0.043
12098	Nuts, chestnuts, european, raw, peeled	28.35	1.0 oz	0.011
12097	Nuts, chestnuts, european, raw, unpeeled	145.0	1.0 cup	0.083
12167	Nuts, chestnuts, european, roasted	143.0	1.0 cup	0.107
12203	Nuts, chestnuts, japanese, boiled and steamed	28.35	1.0 oz	0.006
12175	Nuts, chestnuts, japanese, dried	155.0	1.0 cup	0.195
12202	Nuts, chestnuts, japanese, raw	28.35	1.0 oz	0.015
12204	Nuts, chestnuts, japanese, roasted	28.35	1.0 oz	0.020
12116	Nuts, coconut cream, canned, sweetened	19.0	1.0 tbsp	0.004
12115	Nuts, coconut cream, raw (liquid expressed from grated meat)	15.0	1.0 tbsp	0.010
12177	Nuts, coconut meat, dried (desiccated), creamed	28.35	1.0 oz	0.028
12108	Nuts, coconut meat, dried (desiccated), not sweetened	28.35	1.0 oz	0.037
12110	Nuts, coconut meat, dried (desiccated), sweetened, flaked, canned	77.0	1.0 cup	0.049
12109	Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	85.0	1.0 cup	0.051
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93.0	1.0 cup, shredded	0.050
12114	Nuts, coconut meat, dried (desiccated), toasted	28.35	1.0 oz	0.028
12104	Nuts, coconut meat, raw	80.0	1.0 cup, shredded	0.050
12118	Nuts, coconut milk, canned (liquid expressed from grated meat and water)	226.0	1.0 cup	0.086
12176	Nuts, coconut milk, frozen (liquid expressed from grated meat and water)	240.0	1.0 cup	0.072
12117	Nuts, coconut milk, raw (liquid expressed from grated meat and water)	240.0	1.0 cup	0.103
12119	Nuts, coconut water (liquid from coconuts)	240.0	1.0 cup	0.031
12200	Nuts, formulated, wheat-based, all flavors except macadamia, without salt	28.35	1.0 oz	0.078

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
12140	Nuts, formulated, wheat-based, unflavored, with salt added	28.35	1.0 oz	0.079
12129	Nuts, ginkgo nuts, canned	155.0	1.0 cup (78 kernels)	0.045
12128	Nuts, ginkgo nuts, dried	28.35	1.0 oz	0.038
12127	Nuts, ginkgo nuts, raw	28.35	1.0 oz	0.016
12120	Nuts, hazelnuts or filberts	115.0	1.0 cup, chopped	0.254
12121	Nuts, hazelnuts or filberts, blanched	28.35	1.0 oz	0.058
12122	Nuts, hazelnuts or filberts, dry roasted, without salt added	28.35	1.0 oz	0.063
12130	Nuts, hickorynuts, dried	120.0	1.0 cup	0.360
12132	Nuts, macadamia nuts, dry roasted, without salt added	132.0	1.0 cup, whole or halves	0.030
12131	Nuts, macadamia nuts, raw	134.0	1.0 cup, whole or halves	0.031
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	137.0	1.0 cup	0.312
12135	Nuts, mixed nuts, dry roasted, with peanuts, without salt added	131.0	1.0 cup	0.341
12737	Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	28.35	1.0 oz	0.080
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	134.0	1.0 cup	0.379
12137	Nuts, mixed nuts, oil roasted, with peanuts, without salt added	134.0	1.0 cup	0.379
12738	Nuts, mixed nuts, oil roasted, without peanuts, lightly salted	28.35	1.0 oz	0.091
12638	Nuts, mixed nuts, oil roasted, without peanuts, with salt added	144.0	1.0 cup	0.498
12138	Nuts, mixed nuts, oil roasted, without peanuts, without salt added	144.0	1.0 cup	0.498
12142	Nuts, pecans	109.0	1.0 cup, chopped	0.199
12643	Nuts, pecans, dry roasted, with salt added	28.35	1.0 oz	0.054
12143	Nuts, pecans, dry roasted, without salt added	28.35	1.0 oz	0.054
12644	Nuts, pecans, oil roasted, with salt added	110.0	1.0 cup	0.201
12144	Nuts, pecans, oil roasted, without salt added	110.0	1.0 cup	0.201
12145	Nuts, pilinuts, dried	120.0	1.0 cup	0.474
12147	Nuts, pine nuts, dried	135.0	1.0 cup	0.350
12149	Nuts, pine nuts, pinyon, dried	28.35	1.0 oz	0.059
12652	Nuts, pistachio nuts, dry roasted, with salt added	123.0	1.0 cup	0.461
12152	Nuts, pistachio nuts, dry roasted, without salt added	123.0	1.0 cup	0.461
12151	Nuts, pistachio nuts, raw	123.0	1.0 cup	0.443
12154	Nuts, walnuts, black, dried	125.0	1.0 cup, chopped	0.584
12155	Nuts, walnuts, english	117.0	1.0 cup, chopped	0.276
20034	Oat bran, cooked	219.0	1.0 cup	0.125
20033	Oat bran, raw	94.0	1.0 cup	0.315
20038	Oats	156.0	1.0 cup	0.487
04529	Oil, almond	13.6	1.0 tablespoon	0.000
04530	Oil, apricot kernel	13.6	1.0 tablespoon	0.000

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
04534	Oil, babassu	13.6	1.0 tbsp	0.000
04501	Oil, cocoa butter	13.6	1.0 tablespoon	0.000
04047	Oil, coconut	13.6	1.0 tbsp	0.000
04518	Oil, corn, industrial and retail, all purpose salad or cooking	13.6	1.0 tbsp	0.000
04502	Oil, cottonseed, salad or cooking	13.6	1.0 tablespoon	0.000
04541	Oil, cupu assu	13.6	1.0 tablespoon	0.000
04517	Oil, grapeseed	13.6	1.0 tablespoon	0.000
04532	Oil, hazelnut	13.6	1.0 tablespoon	0.000
04661	Oil, industrial, coconut (hydrogenated), used for whipped toppings and coffee whiteners	13.6	1.0 tbsp	0.000
04659	Oil, industrial, coconut, confection fat, typical basis for ice cream coatings	13.6	1.0 tbsp	0.000
04646	Oil, industrial, coconut, principal uses candy coatings, oil sprays, roasting nuts	13.6	1.0 tbsp	0.000
04662	Oil, industrial, palm and palm kernel, filling fat (non-hydrogenated)	13.6	1.0 tbsp	0.000
04660	Oil, industrial, palm kernel (hydrogenated) , used for whipped toppings, non-dairy	13.6	1.0 tbsp	0.000
04658	Oil, industrial, palm kernel (hydrogenated), confection fat, intermediate grade product	13.6	1.0 tbsp	0.000
04657	Oil, industrial, palm kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter	13.6	1.0 tbsp	0.000
04663	Oil, industrial, palm kernel (hydrogenated), filling fat	13.6	1.0 tbsp	0.000
04656	Oil, industrial, palm kernel, confection fat, uses similar to high quality cocoa butter	13.6	1.0 tbsp	0.000
04652	Oil, industrial, soy (partially hydrogenated), all purpose	13.6	1.0 tbsp	0.000
04653	Oil, industrial, soy (partially hydrogenated) and soy (winterized), pourable clear fry	13.6	1.0 tbsp	0.000
04664	Oil, industrial, soy (partially hydrogenated), palm, principal uses icings and fillings	13.6	1.0 tbsp	0.000
04654	Oil, industrial, soy (partially hydrogenated) and cottonseed, principal use as a tortilla shortening	13.6	1.0 tbsp	0.000
04651	Oil, industrial, soy (partially hydrogenated), multiuse for non-dairy butter flavor	13.6	1.0 tbsp	0.000
04648	Oil, industrial, soy (partially hydrogenated), principal uses popcorn and flavoring vegetables	13.6	1.0 tbsp	0.000
04650	Oil, industrial, soy, refined, for woks and light frying	13.6	1.0 tbsp	0.000
04572	Oil, nutmeg butter	13.6	1.0 tbsp	0.000
04053	Oil, olive, salad or cooking	13.5	1.0 tablespoon	0.000
04055	Oil, palm	13.6	1.0 tbsp	0.000
04042	Oil, peanut, salad or cooking	13.5	1.0 tbsp	0.000
04514	Oil, poppyseed	13.6	1.0 tablespoon	0.000
04037	Oil, rice bran	13.6	1.0 tablespoon	0.000
04511	Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce)	13.6	1.0 tablespoon	0.000
04510	Oil, safflower, salad or cooking, linoleic, (over 70%)	13.6	1.0 tbsp	0.000
04058	Oil, sesame, salad or cooking	13.6	1.0 tablespoon	0.000
04536	Oil, sheanut	13.6	1.0 tablespoon	0.000
04044	Oil, soybean, salad or cooking	13.6	1.0 tbsp	0.000
04034	Oil, soybean, salad or cooking, (partially hydrogenated)	13.6	1.0 tbsp	0.000

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
04543	Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed	13.6	1.0 tablespoon	0.000
04060	Oil, sunflower, linoleic (less than 60%)	13.6	1.0 tbsp	0.000
04506	Oil, sunflower, linoleic, (approx. 65%)	13.6	1.0 tbsp	0.000
04545	Oil, sunflower, linoleic, (partially hydrogenated)	13.6	1.0 tbsp	0.000
04516	Oil, teaseed	13.6	1.0 tablespoon	0.000
04515	Oil, tomatoseed	13.6	1.0 tablespoon	0.000
04573	Oil, ucuhuba butter	13.6	1.0 tbsp	0.000
04528	Oil, walnut	13.6	1.0 tbsp	0.000
04038	Oil, wheat germ	4.5	1.0 tsp	0.000
16130	Okara	122.0	1.0 cup	0.050
11803	Okra, cooked, boiled, drained, with salt	80.0	0.5 cup slices	0.016
11279	Okra, cooked, boiled, drained, without salt	80.0	0.5 cup slices	0.016
11804	Okra, frozen, cooked, boiled, drained, with salt	92.0	0.5 cup slices	0.017
11281	Okra, frozen, cooked, boiled, drained, without salt	92.0	0.5 cup slices	0.016
11280	Okra, frozen, unprepared	95.0	0.33 package (10 oz)	0.017
11278	Okra, raw	100.0	1.0 cup	0.021
36054	OLIVE GARDEN, cheese ravioli with marinara sauce	454.0	1.0 serving varied from 7-9 ravioli per serving	0.799
36058	OLIVE GARDEN, chicken parmigiana without pasta	304.0	1.0 serving	1.143
36042	OLIVE GARDEN, lasagna classico	422.0	1.0 serving	1.055
36631	OLIVE GARDEN, spaghetti with meat sauce	525.0	1.0 serving	0.640
36047	OLIVE GARDEN, spaghetti with pomodoro sauce	478.0	1.0 serving	0.277
07051	Olive loaf, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.084
09194	Olives, ripe, canned (jumbo-super colossal)	15.0	1.0 super colossal	0.002
09193	Olives, ripe, canned (small-extra large)	8.4	1.0 tbsp	0.001
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	48.0	1.0 cup	0.039
11295	Onion rings, breaded, par fried, frozen, unprepared	85.0	6.0 rings	0.041
11285	Onions, canned, solids and liquids	63.0	1.0 onion	0.004
11805	Onions, cooked, boiled, drained, with salt	210.0	1.0 cup	0.023
11283	Onions, cooked, boiled, drained, without salt	210.0	1.0 cup	0.023
11284	Onions, dehydrated flakes	5.0	1.0 tbsp	0.004
11806	Onions, frozen, chopped, cooked, boiled, drained, with salt	15.0	1.0 tbsp chopped	0.001
11288	Onions, frozen, chopped, cooked, boiled, drained, without salt	15.0	1.0 tbsp chopped	0.001
11287	Onions, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.007
11807	Onions, frozen, whole, cooked, boiled, drained, with salt	210.0	1.0 cup	0.013
11290	Onions, frozen, whole, cooked, boiled, drained, without salt	210.0	1.0 cup	0.013
11289	Onions, frozen, whole, unprepared	95.0	0.33 package (10 oz)	0.007

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
11282	Onions, raw	160.0	1.0 cup, chopped	0.003
11291	Onions, spring or scallions (includes tops and bulb), raw	100.0	1.0 cup, chopped	0.020
11294	Onions, sweet, raw	148.0	1.0 NLEA serving	0.013
11286	Onions, yellow, sauteed	87.0	1.0 cup chopped	0.002
09207	Orange juice, canned, unsweetened	249.0	1.0 cup	0.007
09209	Orange juice, chilled, includes from concentrate	249.0	1.0 cup	0.005
09211	Orange juice, chilled, includes from concentrate, with added calcium	249.0	1.0 cup	0.005
09210	Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	249.0	1.0 cup	0.005
09506	Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D, E	249.0	1.0 cup	0.005
09214	Orange juice, frozen concentrate, unsweetened, undiluted	262.0	1.0 cup	0.026
09213	Orange juice, frozen concentrate, unsweetened, undiluted, with added calcium	262.0	1.0 cup	0.026
09206	Orange juice, raw	248.0	1.0 cup	0.007
09200	Oranges, raw, all commercial varieties	180.0	1.0 cup, sections	0.036
09201	Oranges, raw, California, valencias	180.0	1.0 cup sections, without membranes	0.040
09203	Oranges, raw, Florida	185.0	1.0 cup sections, without membranes	0.028
09202	Oranges, raw, navels	165.0	1.0 cup sections, without membranes	0.015
09205	Oranges, raw, with peel	170.0	1.0 cup	0.046
05643	Ostrich, fan, raw	85.0	1.0 serving (cooked from 4oz raw)	0.518
05642	Ostrich, ground, cooked, pan-broiled	93.0	1.0 patty	0.680
05641	Ostrich, ground, raw	109.0	1.0 patty	0.616
05645	Ostrich, inside leg, cooked	85.0	1.0 serving (3 oz)	0.689
05644	Ostrich, inside leg, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.532
05647	Ostrich, inside strip, cooked	85.0	1.0 serving (3 oz)	0.698
05646	Ostrich, inside strip, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.563
05648	Ostrich, outside leg, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.543
05650	Ostrich, outside strip, cooked	85.0	1.0 serving (3 oz)	0.678
05649	Ostrich, outside strip, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.555
05652	Ostrich, oyster, cooked	85.0	1.0 serving (3 oz)	0.684
05651	Ostrich, oyster, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.512
05653	Ostrich, round, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.523
05654	Ostrich, tenderloin, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.524
05656	Ostrich, tip trimmed, cooked	85.0	1.0 serving (3 oz)	0.677
05655	Ostrich, tip trimmed, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.519
05658	Ostrich, top loin, cooked	85.0	1.0 serving (3 oz)	0.668
05657	Ostrich, top loin, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.515
07935	Oven-roasted chicken breast roll	56.0	1.0 serving 2 oz	0.214

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	28.35	1.0 oz	0.023
18294	Pancakes, blueberry, prepared from recipe	28.35	1.0 oz	0.039
18295	Pancakes, buckwheat, dry mix, incomplete	28.35	1.0 oz	0.047
18390	Pancakes, buttermilk, prepared from recipe	28.35	1.0 oz	0.044
18289	Pancakes, plain, dry mix, complete (includes buttermilk)	52.0	0.333 cup	0.106
18290	Pancakes, plain, dry mix, complete, prepared	28.35	1.0 oz	0.030
18291	Pancakes, plain, dry mix, incomplete (includes buttermilk)	28.35	1.0 oz	0.051
18292	Pancakes, plain, dry mix, incomplete, prepared	28.35	1.0 oz	0.051
18293	Pancakes, plain, prepared from recipe	28.35	1.0 oz	0.042
18297	Pancakes, special dietary, dry mix	28.35	1.0 oz	0.045
18299	Pancakes, whole-wheat, dry mix, incomplete	28.35	1.0 oz	0.061
18300	Pancakes, whole-wheat, dry mix, incomplete, prepared	28.35	1.0 oz	0.052
21286	PAPA JOHN'S 14" Cheese Pizza, Thin Crust	87.0	1.0 slice	0.196
21284	PAPA JOHN'S 14" Pepperoni Pizza, Original Crust	123.0	1.0 slice	0.261
21285	PAPA JOHN'S 14" The Works Pizza, Original Crust	153.0	1.0 slice	0.256
09226	Papayas, raw	145.0	1.0 cup 1" pieces	0.003
11625	Parsley, freeze-dried	0.4	1.0 tbsp	0.001
11297	Parsley, fresh	60.0	1.0 cup chopped	0.025
20321	Pasta, cooked, enriched, with added salt	124.0	1.0 cup spaghetti not packed	0.079
20121	Pasta, cooked, enriched, without added salt	124.0	1.0 cup spaghetti not packed	0.079
20521	Pasta, cooked, unenriched, with added salt	124.0	1.0 cup spaghetti not packed	0.081
20421	Pasta, cooked, unenriched, without added salt	124.0	1.0 cup spaghetti not packed	0.081
20120	Pasta, dry, enriched	91.0	1.0 cup spaghetti	0.134
20420	Pasta, dry, unenriched	91.0	1.0 cup spaghetti	0.134
20093	Pasta, fresh-refrigerated, plain, as purchased	128.0	4.5 oz	0.223
20094	Pasta, fresh-refrigerated, plain, cooked	128.0	2.0 oz	0.101
20095	Pasta, fresh-refrigerated, spinach, as purchased	128.0	4.5 oz	0.266
20096	Pasta, fresh-refrigerated, spinach, cooked	57.0	2.0 oz	0.053
20654	Pasta, gluten-free, brown rice flour, cooked, TINKYADA	169.0	1.0 cup spaghetti not packed	0.134
20657	Pasta, gluten-free, corn and rice flour, cooked	141.0	1.0 cup spaghetti	0.102
20655	Pasta, gluten-free, corn flour and quinoa flour, cooked, ANCIENT HARVEST	166.0	1.0 cup spaghetti packed	0.098
20092	Pasta, gluten-free, corn, cooked	140.0	1.0 cup	0.077
20091	Pasta, gluten-free, corn, dry	105.0	1.0 cup	0.164
20097	Pasta, homemade, made with egg, cooked	57.0	2.0 oz	0.058
20098	Pasta, homemade, made without egg, cooked	57.0	2.0 oz	0.039
20125	Pasta, whole-wheat, cooked	117.0	1.0 cup spaghetti not packed	0.113

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
07925	Pastrami, beef, 98% fat-free	57.0	1.0 serving 6 slices	0.228
07052	Pastrami, turkey	57.0	2.0 slices	0.292
05282	Pate de foie gras, canned (goose liver pate), smoked	13.0	1.0 tbsp	0.035
07053	Pate, chicken liver, canned	13.0	1.0 tbsp	0.044
07054	Pate, goose liver, smoked, canned	13.0	1.0 tbsp	0.035
07055	Pate, liver, not specified, canned	13.0	1.0 tbsp	0.037
07942	Pate, truffle flavor	56.0	1.0 serving 2 oz	0.159
09242	Peaches, canned, extra heavy syrup pack, solids and liquids	262.0	1.0 cup, halves or slices	0.029
09239	Peaches, canned, extra light syrup, solids and liquids	247.0	1.0 cup, halves or slices	0.025
09241	Peaches, canned, heavy syrup pack, solids and liquids	262.0	1.0 cup	0.029
09370	Peaches, canned, heavy syrup, drained	222.0	1.0 cup	0.011
09238	Peaches, canned, juice pack, solids and liquids	250.0	1.0 cup	0.038
09240	Peaches, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves or slices	0.028
09237	Peaches, canned, water pack, solids and liquids	244.0	1.0 cup, halves or slices	0.027
09245	Peaches, dehydrated (low-moisture), sulfured, stewed	242.0	1.0 cup	0.116
09244	Peaches, dehydrated (low-moisture), sulfured, uncooked	116.0	1.0 cup	0.137
09248	Peaches, dried, sulfured, stewed, with added sugar	270.0	1.0 cup	0.070
09247	Peaches, dried, sulfured, stewed, without added sugar	258.0	1.0 cup	0.072
09246	Peaches, dried, sulfured, uncooked	160.0	1.0 cup, halves	0.139
09250	Peaches, frozen, sliced, sweetened	250.0	1.0 cup, thawed	0.038
09243	Peaches, spiced, canned, heavy syrup pack, solids and liquids	242.0	1.0 cup, whole	0.024
09236	Peaches, yellow, raw	154.0	1.0 cup slices	0.015
16097	Peanut butter, chunk style, with salt	32.0	2.0 tbsp	0.084
16397	Peanut butter, chunk style, without salt	32.0	2.0 tbsp	0.084
16098	Peanut butter, smooth style, with salt	32.0	2.0 tbsp	0.085
16398	Peanut butter, smooth style, without salt	32.0	2.0 tbsp	0.085
16099	Peanut flour, defatted	60.0	1.0 cup	0.385
16100	Peanut flour, low fat	60.0	1.0 cup	0.249
16088	Peanuts, all types, cooked, boiled, with salt	63.0	1.0 cup in shell, edible yield	0.105
16090	Peanuts, all types, dry-roasted, with salt	28.35	1.0 oz	0.082
16390	Peanuts, all types, dry-roasted, without salt	146.0	1.0 cup	0.425
16089	Peanuts, all types, oil-roasted, with salt	144.0	1.0 cup, chopped	0.419
16389	Peanuts, all types, oil-roasted, without salt	144.0	1.0 cup,	0.419
16087	Peanuts, all types, raw	28.35	1.0 oz	0.090
16092	Peanuts, spanish, oil-roasted, with salt	147.0	1.0 cup	0.506
16392	Peanuts, spanish, oil-roasted, without salt	147.0	1.0 cup	0.506

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
16091	Peanuts, spanish, raw	146.0	1.0 cup	0.469
16094	Peanuts, valencia, oil-roasted, with salt	144.0	1.0 cup	0.478
16394	Peanuts, valencia, oil-roasted, without salt	144.0	1.0 cup	0.478
16093	Peanuts, valencia, raw	146.0	1.0 cup	0.450
16096	Peanuts, virginia, oil-roasted, with salt	143.0	1.0 cup	0.453
16396	Peanuts, virginia, oil-roasted, without salt	143.0	1.0 cup	0.453
16095	Peanuts, virginia, raw	146.0	1.0 cup	0.451
09340	Pears, asian, raw	122.0	1.0 fruit 2-1/4" high x 2-1/2" dia	0.007
09258	Pears, canned, extra heavy syrup pack, solids and liquids	266.0	1.0 cup, halves	0.005
09255	Pears, canned, extra light syrup pack, solids and liquids	247.0	1.0 cup, halves	0.010
09257	Pears, canned, heavy syrup pack, solids and liquids	266.0	1.0 cup	0.005
09254	Pears, canned, juice pack, solids and liquids	248.0	1.0 cup, halves	0.010
09256	Pears, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves	0.005
09253	Pears, canned, water pack, solids and liquids	244.0	1.0 cup, halves	0.005
09261	Pears, dried, sulfured, stewed, with added sugar	280.0	1.0 cup, halves	0.028
09260	Pears, dried, sulfured, stewed, without added sugar	255.0	1.0 cup, halves	0.028
09259	Pears, dried, sulfured, uncooked	180.0	1.0 cup, halves	0.040
09252	Pears, raw	140.0	1.0 cup, slices	0.003
09412	Pears, raw, bartlett	140.0	1.0 cup, sliced	0.003
09414	Pears, raw, bosc	140.0	1.0 cup, sliced	0.003
09415	Pears, raw, green anjou	140.0	1.0 cup, sliced	0.004
09413	Pears, raw, red anjou	126.0	1.0 small	0.003
11816	Peas and carrots, canned, no salt added, solids and liquids	255.0	1.0 cup	0.079
11318	Peas and carrots, canned, regular pack, solids and liquids	255.0	1.0 cup	0.079
11817	Peas and carrots, frozen, cooked, boiled, drained, with salt	80.0	0.5 cup	0.035
11323	Peas and carrots, frozen, cooked, boiled, drained, without salt	278.0	1.0 package (10 oz) yields	0.125
11322	Peas and carrots, frozen, unprepared	70.0	0.5 cup	0.034
11324	Peas and onions, canned, solids and liquids	120.0	1.0 cup	0.058
11818	Peas and onions, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	0.067
11327	Peas and onions, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	0.067
11326	Peas and onions, frozen, unprepared	69.0	0.5 cup	0.041
11301	Peas, edible-podded, boiled, drained, without salt	160.0	1.0 cup	0.021
11809	Peas, edible-podded, cooked, boiled, drained, with salt	160.0	1.0 cup	0.021
11810	Peas, edible-podded, frozen, cooked, boiled, drained, with salt	160.0	1.0 cup	0.022
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160.0	1.0 cup	0.022
11302	Peas, edible-podded, frozen, unprepared	144.0	1.0 cup	0.016

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
11300	Peas, edible-podded, raw	98.0	1.0 cup, chopped	0.011
11308	Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	175.0	1.0 cup	0.119
11311	Peas, green, canned, drained solids, rinsed in tap water	257.0	1.0 can	0.257
11813	Peas, green, canned, no salt added, drained solids	85.0	0.5 cup	0.057
11812	Peas, green, canned, no salt added, solids and liquids	124.0	0.5 cup	0.060
11306	Peas, green, canned, regular pack, solids and liquids	124.0	0.5 cup	0.058
11310	Peas, green, canned, seasoned, solids and liquids	227.0	1.0 cup	0.107
11811	Peas, green, cooked, boiled, drained, with salt	160.0	1.0 cup	0.130
11305	Peas, green, cooked, boiled, drained, without salt	160.0	1.0 cup	0.130
11814	Peas, green, frozen, cooked, boiled, drained, with salt	80.0	0.5 cup	0.062
11313	Peas, green, frozen, cooked, boiled, drained, without salt	80.0	0.5 cup	0.062
11312	Peas, green, frozen, unprepared	134.0	1.0 cup	0.106
11304	Peas, green, raw	145.0	1.0 cup	0.119
16085	Peas, green, split, mature seeds, raw	197.0	1.0 cup	0.494
11316	Peas, mature seeds, sprouted, raw	120.0	1.0 cup	0.083
16386	Peas, split, mature seeds, cooked, boiled, with salt	196.0	1.0 cup	0.167
16086	Peas, split, mature seeds, cooked, boiled, without salt	196.0	1.0 cup	0.167
02064	Peppermint, fresh	0.1	2.0 leaves	0.000
07057	Pepperoni, beef and pork, sliced	85.0	3.0 oz	0.434
11978	Peppers, ancho, dried	17.0	1.0 pepper	0.024
11980	Peppers, chili, green, canned	139.0	1.0 cup	0.013
11962	Peppers, hot chile, sun-dried	37.0	1.0 cup	0.047
11329	Peppers, hot chili, green, canned, pods, excluding seeds, solids and liquids	73.0	1.0 pepper	0.008
11670	Peppers, hot chili, green, raw	45.0	1.0 pepper	0.011
11820	Peppers, hot chili, red, canned, excluding seeds, solids and liquids	73.0	1.0 pepper	0.008
11819	Peppers, hot chili, red, raw	45.0	1.0 pepper	0.011
11981	Peppers, hungarian, raw	27.0	1.0 pepper	0.003
11632	Peppers, jalapeno, canned, solids and liquids	136.0	1.0 cup, chopped	0.016
11335	Peppers, sweet, green, canned, solids and liquids	140.0	1.0 cup, halves	0.014
11822	Peppers, sweet, green, cooked, boiled, drained, with salt	11.6	1.0 tbsp	0.001
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	0.015
11634	Peppers, sweet, green, freeze-dried	0.4	1.0 tbsp	0.001
11825	Peppers, sweet, green, frozen, chopped, cooked, boiled, drained, with salt	135.0	1.0 cup, chopped or strips	0.015
11337	Peppers, sweet, green, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.012
11333	Peppers, sweet, green, raw	149.0	1.0 cup, chopped	0.010
11339	Peppers, sweet, green, sauteed	115.0	1.0 cup chopped	0.008

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
11916	Peppers, sweet, red, canned, solids and liquids	140.0	1.0 cup, halves	0.014
11824	Peppers, sweet, red, cooked, boiled, drained, with salt	12.0	1.0 tbsp	0.001
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	135.0	1.0 cup, strips	0.015
11931	Peppers, sweet, red, freeze-dried	0.4	1.0 tbsp	0.001
11919	Peppers, sweet, red, frozen, chopped, boiled, drained, with salt	135.0	1.0 cup, chopped or strips	0.007
11918	Peppers, sweet, red, frozen, chopped, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	0.007
11917	Peppers, sweet, red, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.012
11821	Peppers, sweet, red, raw	149.0	1.0 cup, chopped	0.009
11921	Peppers, sweet, red, sauteed	106.0	1.0 cup chopped	0.006
11951	Peppers, sweet, yellow, raw	186.0	1.0 pepper, large (3-3/4" long, 3" dia)	0.022
09264	Persimmons, japanese, dried	34.0	1.0 fruit without refuse	0.004
09263	Persimmons, japanese, raw	168.0	1.0 fruit (2-1/2" dia)	0.008
09265	Persimmons, native, raw	25.0	1.0 fruit without refuse	0.002
05155	Pheasant, breast, meat only, raw	85.0	3.0 oz	0.603
05156	Pheasant, leg, meat only, raw	99.0	1.0 unit (yield from 1 lb ready-to-eat pheasant)	0.640
05153	Pheasant, raw, meat and skin	85.0	3.0 oz	0.547
05154	Pheasant, raw, meat only	85.0	3.0 oz	0.583
18338	Phyllo dough	28.35	1.0 oz	0.036
07058	Pickle and pimiento loaf, pork	38.0	1.0 slice	0.098
11958	Pickle relish, hamburger	15.0	1.0 tbsp	0.001
11944	Pickle relish, hot dog	15.0	1.0 tbsp	0.003
11945	Pickle relish, sweet	15.0	1.0 tbsp	0.001
11937	Pickles, cucumber, dill or kosher dill	35.0	1.0 spear, small	0.002
11947	Pickles, cucumber, dill, reduced sodium	35.0	1.0 spear, small	0.002
11941	Pickles, cucumber, sour	155.0	1.0 cup	0.005
11946	Pickles, cucumber, sour, low sodium	143.0	1.0 cup, chopped or diced	0.004
11940	Pickles, cucumber, sweet (includes bread and butter pickles)	160.0	1.0 cup, chopped	0.016
11948	Pickles, cucumber, sweet, low sodium (includes bread and butter pickles)	6.0	1.0 slice	0.000
07062	Picnic loaf, pork, beef	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.106
18943	Pie Crust, Cookie-type, Chocolate, Ready Crust	182.0	1.0 crust	0.133
18399	Pie crust, cookie-type, prepared from recipe, graham cracker, chilled	30.0	1.0 piece (1/8 of 9" crust)	0.022
18401	Pie crust, cookie-type, prepared from recipe, vanilla wafer, chilled	129.0	1.0 cup	0.101
18947	Pie crust, deep dish, frozen, baked, made with enriched flour	202.0	1.0 pie crust (average weight)	0.188
18945	Pie crust, deep dish, frozen, unbaked, made with enriched flour	225.0	1.0 pie crust (average weight)	0.187
18946	Pie crust, refrigerated, regular, baked	198.0	1.0 pie crust	0.099
18948	Pie crust, refrigerated, regular, unbaked	229.0	1.0 pie crust (average weight)	0.089

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
18332	Pie crust, standard-type, dry mix	28.35	1.0 oz	0.034
18333	Pie crust, standard-type, dry mix, prepared, baked	20.0	1.0 piece (1/8 of 9" crust)	0.023
18334	Pie crust, standard-type, frozen, ready-to-bake, enriched	18.0	1.0 piece (1/8 of 9" crust)	0.016
18335	Pie crust, standard-type, frozen, ready-to-bake, enriched, baked	154.0	1.0 pie crust (average weight of 1 baked crust)	0.162
18446	Pie crust, standard-type, frozen, ready-to-bake, unenriched	142.0	1.0 crust, single 9"	0.092
18336	Pie crust, standard-type, prepared from recipe, baked	23.0	1.0 piece (1/8 of 9" crust)	0.026
18402	Pie crust, standard-type, prepared from recipe, unbaked	24.0	1.0 piece (1/8 of 9" crust)	0.024
19314	Pie fillings, canned, cherry	74.0	0.125 can	0.001
18301	Pie, apple, commercially prepared, enriched flour	28.35	1.0 oz	0.009
18443	Pie, apple, commercially prepared, unenriched flour	28.35	1.0 oz	0.009
18302	Pie, apple, prepared from recipe	28.35	1.0 oz	0.012
18303	Pie, banana cream, prepared from mix, no-bake type	28.35	1.0 oz	0.019
18304	Pie, banana cream, prepared from recipe	28.35	1.0 oz	0.026
18305	Pie, blueberry, commercially prepared	28.35	1.0 oz	0.009
18306	Pie, blueberry, prepared from recipe	28.35	1.0 oz	0.013
18308	Pie, cherry, commercially prepared	28.35	1.0 oz	0.012
18309	Pie, cherry, prepared from recipe	28.35	1.0 oz	0.012
18312	Pie, chocolate mousse, prepared from mix, no-bake type	28.35	1.0 oz	0.018
18314	Pie, coconut cream, prepared from mix, no-bake type	28.35	1.0 oz	0.017
18313	Pie, coconut creme, commercially prepared	28.35	1.0 oz	0.012
18316	Pie, coconut custard, commercially prepared	28.35	1.0 oz	0.034
18944	Pie, Dutch Apple, Commercially Prepared	131.0	0.125 pie 1 pie (1/8 of 9" pie)	0.067
18317	Pie, egg custard, commercially prepared	28.35	1.0 oz	0.039
18444	Pie, fried pies, cherry	28.35	1.0 oz	0.015
18319	Pie, fried pies, fruit	28.35	1.0 oz	0.015
18445	Pie, fried pies, lemon	28.35	1.0 oz	0.015
18320	Pie, lemon meringue, commercially prepared	28.35	1.0 oz	0.009
18321	Pie, lemon meringue, prepared from recipe	28.35	1.0 oz	0.026
18322	Pie, mince, prepared from recipe	28.35	1.0 oz	0.015
18323	Pie, peach	28.35	1.0 oz	0.010
18324	Pie, pecan, commercially prepared	28.35	1.0 oz	0.023
18325	Pie, pecan, prepared from recipe	28.35	1.0 oz	0.035
18326	Pie, pumpkin, commercially prepared	28.35	1.0 oz	0.071
18327	Pie, pumpkin, prepared from recipe	28.35	1.0 oz	0.030
18328	Pie, vanilla cream, prepared from recipe	28.35	1.0 oz	0.029
16402	Pigeon peas (red gram), mature seeds, cooked, boiled, with salt	168.0	1.0 cup	0.128

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
16102	Pigeon peas (red gram), mature seeds, cooked, boiled, without salt	168.0	1.0 cup	0.128
16101	Pigeon peas (red gram), mature seeds, raw	205.0	1.0 cup	0.498
11943	Pimento, canned	12.0	1.0 tbsp	0.002
09271	Pineapple, canned, extra heavy syrup pack, solids and liquids	260.0	1.0 cup, crushed, sliced, or chunks	0.023
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup, crushed, sliced, or chunks	0.023
09268	Pineapple, canned, juice pack, solids and liquids	249.0	1.0 cup, crushed, sliced, or chunks	0.027
09269	Pineapple, canned, light syrup pack, solids and liquids	252.0	1.0 cup, crushed, sliced, or chunks	0.023
09267	Pineapple, canned, water pack, solids and liquids	246.0	1.0 cup, crushed, sliced, or chunks	0.027
09272	Pineapple, frozen, chunks, sweetened	245.0	1.0 cup, chunks	0.027
09266	Pineapple, raw, all varieties	165.0	1.0 cup, chunks	0.020
21271	PIZZA HUT 12" Cheese Pizza, Hand-Tossed Crust	96.0	1.0 slice	0.253
21272	PIZZA HUT 12" Cheese Pizza, Pan Crust	100.0	1.0 slice	0.266
21273	PIZZA HUT 12" Cheese Pizza, THIN 'N CRISPY Crust	69.0	1.0 slice	0.224
21274	PIZZA HUT 12" Pepperoni Pizza, Hand-Tossed Crust	96.0	1.0 slice	0.261
21275	PIZZA HUT 12" Pepperoni Pizza, Pan Crust	96.0	1.0 slice	0.237
21276	PIZZA HUT 12" Super Supreme Pizza, Hand-Tossed Crust	127.0	1.0 slice	0.271
21512	PIZZA HUT 14" Cheese Pizza, Stuffed Crust	117.0	1.0 slice	0.314
21298	PIZZA HUT 14" Super Supreme Pizza, Hand-Tossed Crust	123.0	1.0 slice	0.246
21224	Pizza, cheese topping, regular crust, frozen, cooked	81.0	1.0 serving 9 servings per 24 oz package	0.149
21225	Pizza, cheese topping, rising crust, frozen, cooked	139.0	1.0 serving 6 servings per 29.25 oz package	0.288
09278	Plantains, cooked	200.0	1.0 cup, mashed	0.020
09277	Plantains, raw	148.0	1.0 cup, sliced	0.025
09285	Plums, canned, purple, extra heavy syrup pack, solids and liquids	261.0	1.0 cup, pitted	0.008
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258.0	1.0 cup, pitted	0.008
09282	Plums, canned, purple, juice pack, solids and liquids	252.0	1.0 cup, pitted	0.010
09283	Plums, canned, purple, light syrup pack, solids and liquids	252.0	1.0 cup, pitted	0.008
09281	Plums, canned, purple, water pack, solids and liquids	249.0	1.0 cup, pitted	0.007
09291	Plums, dried (prunes), uncooked	174.0	1.0 cup, pitted	0.028
09279	Plums, raw	165.0	1.0 cup, sliced	0.013
07059	Polish sausage, pork	85.0	3.0 oz	0.322
25026	Popcorn, microwave, regular (butter) flavor, made with palm oil	7.9	1.0 cup	0.014
21415	POPEYES, biscuit	60.0	1.0 biscuit	0.063
21416	POPEYES, Coleslaw	120.0	1.0 package	0.008
21456	POPEYES, Fried Chicken, Mild, Breast, meat and skin with breading	194.0	1.0 breast, with skin	0.609
21442	POPEYES, Fried Chicken, Mild, Breast, meat only, skin and breading removed	132.0	1.0 breast without skin	0.554
21457	POPEYES, Fried Chicken, Mild, Drumstick, meat and skin with breading	76.0	1.0 drumstick, with skin	0.225

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
21443	POPEYES, Fried Chicken, Mild, Drumstick, meat only, skin and breading removed	44.0	1.0 drumstick, bone and skin removed	0.169
21458	POPEYES, Fried Chicken, Mild, Thigh, meat and skin with breading	138.0	1.0 thigh with skin	0.380
21445	POPEYES, Fried Chicken, Mild, Thigh, meat only, skin and breading removed	83.0	1.0 thigh thigh without skin	0.288
21459	POPEYES, Fried Chicken, Mild, Wing, meat and skin with breading	57.0	1.0 wing, with skin	0.168
21446	POPEYES, Fried Chicken, Mild, Wing, meat only, skin and breading removed	16.0	1.0 wing without skin, bone and breading	0.067
21417	POPEYES, Mild Chicken Strips, analyzed 2006	54.0	1.0 strip	0.248
21418	POPEYES, Spicy Chicken Strips, analyzed 2006	53.0	1.0 strip	0.252
18339	Popovers, dry mix, enriched	28.35	1.0 oz	0.054
18447	Popovers, dry mix, unenriched	28.35	1.0 oz	0.054
07065	Pork and beef sausage, fresh, cooked	13.0	1.0 link (raw dimensions: 4" long x 7/8" dia), cooked	0.043
07957	Pork and turkey sausage, pre-cooked	57.0	1.0 serving	0.129
10981	Pork loin, fresh, backribs, bone-in, cooked-roasted, lean only	85.0	3.0 oz	0.563
10980	Pork loin, fresh, backribs, bone-in, raw, lean only	114.0	4.0 oz	0.651
07064	Pork sausage, link/patty, cooked, pan-fried	27.0	1.0 patty	0.115
07953	Pork sausage, link/patty, fully cooked, microwaved	30.0	1.0 patty	0.104
07967	Pork sausage, link/patty, fully cooked, unheated	23.0	1.0 link	0.073
07966	Pork sausage, link/patty, reduced fat, cooked, pan-fried	85.0	3.0 oz	0.409
07965	Pork sausage, link/patty, reduced fat, unprepared	85.0	3.0 oz	0.337
07063	Pork sausage, link/patty, unprepared	25.0	1.0 link	0.095
07978	Pork sausage, reduced sodium, cooked	85.0	3.0 oz	0.244
10860	Pork, cured, bacon, cooked, baked	8.1	1.0 slice cooked	0.064
43378	Pork, cured, bacon, cooked, broiled, pan-fried or roasted, reduced sodium	8.0	1.0 slice cooked	0.066
10861	Pork, cured, bacon, cooked, microwaved	9.1	1.0 slice cooked	0.097
10862	Pork, cured, bacon, pre-sliced, cooked, pan-fried	11.5	1.0 slice	0.108
10123	Pork, cured, bacon, unprepared	28.0	1.0 slice raw	0.097
10128	Pork, cured, breakfast strips, raw or unheated	85.0	3.0 oz	0.220
10132	Pork, cured, feet, pickled	28.35	1.0 oz	0.036
10913	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.405
10912	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.093
10865	Pork, cured, ham -- water added, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.435
10866	Pork, cured, ham -- water added, rump, bone-in, separable lean only, unheated	85.0	3.0 oz	0.314
10914	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.373
10911	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.111
10867	Pork, cured, ham -- water added, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.426
10885	Pork, cured, ham -- water added, shank, bone-in, separable lean only, unheated	85.0	3.0 oz	0.379
10915	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.420

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
10910	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.105
10868	Pork, cured, ham -- water added, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.448
10886	Pork, cured, ham -- water added, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	0.354
10916	Pork, cured, ham -- water added, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.378
10878	Pork, cured, ham -- water added, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.382
10917	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.360
10909	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0.115
10879	Pork, cured, ham -- water added, whole, boneless, separable lean only, heated, roasted	85.0	3.0 oz	0.366
10880	Pork, cured, ham -- water added, whole, boneless, separable lean only, unheated	85.0	3.0 oz	0.353
10918	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.392
10908	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz rump	0.108
10877	Pork, cured, ham and water product, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.433
10887	Pork, cured, ham and water product, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	0.122
10919	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.361
10907	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz shank	0.094
10881	Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.441
10889	Pork, cured, ham and water product, shank, bone-in, unheated, separable lean only	85.0	3.0 oz	0.356
10920	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.401
10906	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.092
10869	Pork, cured, ham and water product, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.425
10888	Pork, cured, ham and water product, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	0.294
10921	Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	136.0	1.0 slice	0.491
10870	Pork, cured, ham and water product, slice, boneless, separable lean only, heated, pan-broil	138.0	1.0 slice	0.498
10922	Pork, cured, ham and water product, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.282
10905	Pork, cured, ham and water product, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0.095
10871	Pork, cured, ham and water product, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.282
10872	Pork, cured, ham and water product, whole, boneless, separable lean only, unheated	85.0	3.0 oz	0.286
10923	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.454
10904	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz rump	0.132
10873	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.490
10890	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, unheated	85.0	3.0 oz	0.462
10924	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.462
10903	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz shank	0.150
10874	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.507
10891	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, unheated	85.0	3.0 oz	0.511
10925	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.530

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
10902	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, unheated	85.0	3.0 oz	0.462
10875	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.564
10892	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	0.495
10926	Pork, cured, ham with natural juices, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.424
10882	Pork, cured, ham with natural juices, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.426
10927	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	145.0	1.0 slice	0.769
10901	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, unheated	28.35	1.0 oz spiral slice	0.126
10893	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean only, unheated	28.35	1.0 oz spiral slice	0.130
10876	Pork, cured, ham with natural juices, spiral slice, meat only, boneless, separable lean only, heated, roasted	145.0	1.0 slice	0.783
10928	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.417
10900	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0.132
10883	Pork, cured, ham with natural juices, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.418
10884	Pork, cured, ham with natural juices, whole, boneless, separable lean only, unheated	28.35	1.0 oz	0.132
10134	Pork, cured, ham, boneless, extra lean (approximately 5% fat), roasted	140.0	1.0 cup	0.774
10183	Pork, cured, ham, boneless, extra lean and regular, roasted	140.0	1.0 cup	0.749
10182	Pork, cured, ham, boneless, extra lean and regular, unheated	140.0	1.0 cup	0.675
10136	Pork, cured, ham, boneless, regular (approximately 11% fat), roasted	140.0	1.0 cup	0.734
10141	Pork, cured, ham, center slice, country-style, separable lean only, raw	28.35	1.0 oz	0.208
10142	Pork, cured, ham, center slice, separable lean and fat, unheated	28.35	1.0 oz	0.151
10138	Pork, cured, ham, extra lean (approximately 4% fat), canned, roasted	140.0	1.0 cup	0.773
10137	Pork, cured, ham, extra lean (approximately 4% fat), canned, unheated	140.0	1.0 cup	0.675
10185	Pork, cured, ham, extra lean and regular, canned, roasted	140.0	1.0 cup	0.764
10184	Pork, cured, ham, extra lean and regular, canned, unheated	140.0	1.0 cup	0.655
10146	Pork, cured, ham, patties, unheated	28.35	1.0 oz	0.096
10140	Pork, cured, ham, regular (approximately 13% fat), canned, roasted	140.0	1.0 cup	0.749
10929	Pork, cured, ham, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.484
10955	Pork, cured, ham, rump, bone-in, separable lean and fat, unheated	85.0	3.0 oz	0.450
10931	Pork, cured, ham, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.529
10932	Pork, cured, ham, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	0.166
10894	Pork, cured, ham, separable fat, boneless, heated	85.0	3.0 oz	0.150
10895	Pork, cured, ham, separable fat, boneless, unheated	117.0	4.0 oz	0.177
10935	Pork, cured, ham, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.492
10936	Pork, cured, ham, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.145
10933	Pork, cured, ham, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.539
10934	Pork, cured, ham, shank, bone-in, separable lean only, unheated	28.35	1.0 oz	0.161

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
10937	Pork, cured, ham, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.515
10939	Pork, cured, ham, slice, bone-in, separable lean and fat, unheated	85.0	1.0 serving (3 oz)	0.454
10899	Pork, cured, ham, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.552
10938	Pork, cured, ham, slice, bone-in, separable lean only, unheated	85.0	1.0 serving (3 oz)	0.496
10149	Pork, cured, ham, steak, boneless, extra lean, unheated	28.35	1.0 oz	0.146
10150	Pork, cured, ham, whole, separable lean and fat, unheated	140.0	1.0 cup	0.662
10153	Pork, cured, ham, whole, separable lean only, roasted	140.0	1.0 cup	0.925
10152	Pork, cured, ham, whole, separable lean only, unheated	140.0	1.0 cup	0.825
10165	Pork, cured, salt pork, raw	28.35	1.0 oz	0.021
10167	Pork, cured, separable fat (from ham and arm picnic), roasted	28.35	1.0 oz	0.032
10166	Pork, cured, separable fat (from ham and arm picnic), unheated	28.35	1.0 oz	0.024
10168	Pork, cured, shoulder, arm picnic, separable lean and fat, roasted	140.0	1.0 cup	0.722
10169	Pork, cured, shoulder, arm picnic, separable lean only, roasted	140.0	1.0 cup	0.923
10171	Pork, cured, shoulder, blade roll, separable lean and fat, roasted	85.0	3.0 oz	0.388
10170	Pork, cured, shoulder, blade roll, separable lean and fat, unheated	28.35	1.0 oz	0.123
10004	Pork, fresh, backfat, raw	28.35	1.0 oz	0.022
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.536
10192	Pork, fresh, backribs, separable lean and fat, raw	85.0	3.0 oz	0.434
10988	Pork, fresh, blade, (chops), boneless, separable lean and fat, cooked, broiled	131.0	1.0 chop	0.888
10001	Pork, fresh, carcass, separable lean and fat, raw	28.35	1.0 oz	0.098
10000	Pork, fresh, composite of separable fat, with added solution, cooked	85.0	3.0 oz	0.235
10942	Pork, fresh, composite of separable fat, with added solution, raw	28.35	1.0 oz	0.072
10003	Pork, fresh, composite of trimmed leg, loin, shoulder, and spareribs, (includes cuts to be cured), separable lean and fat, raw	28.35	1.0 oz	0.137
10093	Pork, fresh, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked	85.0	3.0 oz	0.632
10002	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder), separable lean only, raw	28.35	1.0 oz	0.164
10188	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, cooked	85.0	3.0 oz	0.606
10187	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, raw	28.35	1.0 oz	0.140
10227	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, cooked	85.0	3.0 oz	0.600
10226	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, raw	28.35	1.0 oz	0.155
10229	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, cooked	85.0	3.0 oz	0.663
10228	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, raw	28.35	1.0 oz	0.159
10944	Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	0.478
10220	Pork, fresh, ground, cooked	85.0	3.0 oz	0.578

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
10219	Pork, fresh, ground, raw	28.35	1.0 oz	0.127
10013	Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	1.000
10012	Pork, fresh, leg (ham), rump half, separable lean and fat, raw	28.35	1.0 oz	0.158
10015	Pork, fresh, leg (ham), rump half, separable lean only, cooked, roasted	85.0	3.0 oz	0.672
10014	Pork, fresh, leg (ham), rump half, separable lean only, raw	85.0	3.0 oz	0.508
10017	Pork, fresh, leg (ham), shank half, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.605
10016	Pork, fresh, leg (ham), shank half, separable lean and fat, raw	85.0	3.0 oz	0.463
10019	Pork, fresh, leg (ham), shank half, separable lean only, cooked, roasted	85.0	3.0 oz	0.668
10018	Pork, fresh, leg (ham), shank half, separable lean only, raw	85.0	3.0 oz	0.505
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	0.927
10008	Pork, fresh, leg (ham), whole, separable lean and fat, raw	28.35	1.0 oz	0.126
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	1.052
10010	Pork, fresh, leg (ham), whole, separable lean only, raw	28.35	1.0 oz	0.154
10028	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw	85.0	3.0 oz	0.445
10032	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	0.495
10989	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw	85.0	3.0 oz	0.479
10982	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.497
10029	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0.619
10030	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.552
10178	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0.569
10033	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0.653
10034	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	0.582
10120	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	0.598
10984	Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled	85.0	3.0 oz	0.609
10031	Pork, fresh, loin, blade (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.566
10035	Pork, fresh, loin, blade (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	0.598
10990	Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.617
10983	Pork, fresh, loin, blade (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0.643
10037	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0.657
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.599
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0.643
10036	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, raw	85.0	3.0 oz	0.484
10041	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0.704
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	146.0	1.0 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 209g)	1.076
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	0.689

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
10040	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, raw	85.0	3.0 oz	0.515
10189	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, cooked, pan-broiled	85.0	3.0 oz	0.625
10164	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, raw	85.0	3.0 oz	0.492
10163	Pork, fresh, loin, center loin (chops), boneless, separable lean only, cooked, pan-broiled	114.0	4.0 oz	0.943
10094	Pork, fresh, loin, center loin (chops), boneless, separable lean only, raw	114.0	4.0 oz	0.742
10039	Pork, fresh, loin, center loin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.629
10043	Pork, fresh, loin, center loin (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	0.666
10044	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean and fat, raw	133.0	1.0 chop without refuse (Yield from 1 raw chop, with refuse, weighing 201g)	0.743
10048	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	0.510
10194	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	0.439
10199	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.490
10045	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0.621
10046	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, broiled	112.0	1.0 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 172g)	0.754
10180	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0.625
10049	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0.677
10050	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	0.603
10177	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	0.672
10195	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.578
10196	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.608
10197	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0.565
10200	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, braised	85.0	3.0 oz	0.629
10201	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, broiled	85.0	3.0 oz	0.663
10202	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, pan-fried	85.0	3.0 oz	0.623
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.629
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	0.672
10198	Pork, fresh, loin, center rib (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.608
10203	Pork, fresh, loin, center rib (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0.649
10992	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled	122.0	1.0 rack	0.855
10206	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, roasted	138.0	1.0 rack	0.796
10991	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, broiled	122.0	1.0 rack	0.878
10993	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, roasted	138.0	1.0 rack	0.999
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	86.0	1.0 rib without refuse (Yield from 1 cooked rib, with refuse, weighing 140g)	0.628

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
10204	Pork, fresh, loin, country-style ribs, separable lean and fat, raw	128.0	1.0 rib without refuse (Yield from 1 raw rib, with refuse, weighing 196g)	0.682
10986	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled	122.0	1.0 rack	0.931
10209	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, roasted	138.0	1.0 rack	1.104
10985	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, broiled	122.0	1.0 rack	0.931
10987	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, roasted	138.0	1.0 rack	1.104
10208	Pork, fresh, loin, country-style ribs, separable lean only, cooked, braised	80.0	1.0 rib without refuse (yield from 1 cooked rib, with refuse, weighing 141g)	0.611
10207	Pork, fresh, loin, country-style ribs, separable lean only, raw	85.0	3.0 oz	0.486
10052	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean and fat, raw	85.0	3.0 oz	0.479
10056	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	0.507
10210	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	0.524
10214	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.531
10053	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0.672
10054	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.628
10057	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0.722
10058	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	0.683
10211	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.662
10212	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.657
10215	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, braised	85.0	3.0 oz	0.670
10216	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, broiled	85.0	3.0 oz	0.666
10055	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.624
10059	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz (Yield from 1 cooked roast, with refuse, weighing 1515g)	0.650
10213	Pork, fresh, loin, sirloin (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.690
10217	Pork, fresh, loin, sirloin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0.708
10221	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.668
10222	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.609
10218	Pork, fresh, loin, tenderloin, separable lean and fat, raw	85.0	3.0 oz	0.484
10952	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, cooked, roasted	85.0	3.0 oz	0.503
10951	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw	85.0	3.0 oz	0.472
10223	Pork, fresh, loin, tenderloin, separable lean only, cooked, broiled	85.0	3.0 oz	0.684
10061	Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	85.0	3.0 oz	0.613
10060	Pork, fresh, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	0.490
10943	Pork, fresh, loin, tenderloin, separable lean only, with added solution, cooked, roasted	85.0	3.0 oz	0.506
10063	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, braised	135.0	1.0 chop	1.080

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
10064	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, broiled	145.0	1.0 chop	1.063
10186	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, pan-fried	142.0	1.0 chop	1.143
10062	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, raw	85.0	3.0 oz	0.505
10950	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, broiled	107.0	1.0 chop	0.702
10859	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, pan-broiled	150.0	1.0 chop boneless (yield from 189g raw meat)	1.107
10949	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, raw	146.0	1.0 chop	0.806
10067	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, braised	135.0	1.0 chop	1.130
10068	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, broiled	145.0	1.0 chop	1.101
10181	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, pan-fried	142.0	1.0 chop	1.186
10066	Pork, fresh, loin, top loin (chops), boneless, separable lean only, raw	85.0	3.0 oz	0.524
10947	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, broiled	107.0	1.0 chop	0.731
10858	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, pan-broiled	150.0	1.0 chop boneless	1.146
10948	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, raw	114.0	4.0 oz	0.684
10065	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.619
10224	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	0.500
10069	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0.638
10225	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.524
10021	Pork, fresh, loin, whole, separable lean and fat, cooked, braised	85.0	3.0 oz	0.602
10022	Pork, fresh, loin, whole, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.605
10023	Pork, fresh, loin, whole, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.606
10020	Pork, fresh, loin, whole, separable lean and fat, raw	85.0	3.0 oz	0.437
10025	Pork, fresh, loin, whole, separable lean only, cooked, braised	85.0	3.0 oz	0.643
10026	Pork, fresh, loin, whole, separable lean only, cooked, broiled	85.0	3.0 oz	0.643
10027	Pork, fresh, loin, whole, separable lean only, cooked, roasted	85.0	3.0 oz	0.644
10024	Pork, fresh, loin, whole, separable lean only, raw	85.0	3.0 oz	0.482
10007	Pork, fresh, separable fat, cooked	28.35	1.0 oz	0.055
10006	Pork, fresh, separable fat, raw	28.35	1.0 oz	0.072
10081	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, cooked, braised	85.0	3.0 oz	0.587
10080	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, raw	85.0	3.0 oz	0.408
10954	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised	85.0	3.0 oz	0.605
10953	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat,with added solution, raw	85.0	3.0 oz	0.402
10085	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised	85.0	3.0 oz	0.622
10084	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw	85.0	3.0 oz	0.439

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
10945	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution cooked, braised	85.0	3.0 oz	0.646
10946	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution, raw	85.0	3.0 oz	0.428
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85.0	3.0 oz	0.580
10076	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	0.792
10074	Pork, fresh, shoulder, arm picnic, separable lean and fat, raw	85.0	3.0 oz	0.436
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85.0	3.0 oz	0.624
10079	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, roasted	85.0	3.0 oz	0.600
10077	Pork, fresh, shoulder, arm picnic, separable lean only, raw	85.0	3.0 oz	0.472
10083	Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted	85.0	3.0 oz	0.508
10087	Pork, fresh, shoulder, blade, boston (roasts), separable lean only, cooked, roasted	85.0	3.0 oz	0.545
10082	Pork, fresh, shoulder, blade, boston (steaks), separable lean and fat, cooked, broiled	85.0	3.0 oz	0.575
10086	Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled	85.0	3.0 oz	0.602
10071	Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	0.801
10070	Pork, fresh, shoulder, whole, separable lean and fat, raw	28.35	1.0 oz	0.125
10073	Pork, fresh, shoulder, whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	0.906
10072	Pork, fresh, shoulder, whole, separable lean only, raw	28.35	1.0 oz	0.147
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85.0	3.0 oz	0.654
10940	Pork, fresh, spareribs, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.489
10088	Pork, fresh, spareribs, separable lean and fat, raw	85.0	3.0 oz	0.362
10097	Pork, fresh, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	0.205
10096	Pork, fresh, variety meats and by-products, brain, raw	28.35	1.0 oz	0.058
10101	Pork, fresh, variety meats and by-products, ears, frozen, cooked, simmered	111.0	1.0 ear (yield after cooking)	0.142
10100	Pork, fresh, variety meats and by-products, ears, frozen, raw	28.35	1.0 oz	0.038
10104	Pork, fresh, variety meats and by-products, heart, cooked, braised	145.0	1.0 cup	0.876
10103	Pork, fresh, variety meats and by-products, heart, raw	28.35	1.0 oz	0.125
10105	Pork, fresh, variety meats and by-products, jowl, raw	28.35	1.0 oz	0.027
10107	Pork, fresh, variety meats and by-products, kidneys, cooked, braised	140.0	1.0 cup	0.763
10106	Pork, fresh, variety meats and by-products, kidneys, raw	28.35	1.0 oz	0.100
10109	Pork, fresh, variety meats and by-products, leaf fat, raw	28.35	1.0 oz	0.007
10111	Pork, fresh, variety meats and by-products, liver, cooked, braised	85.0	3.0 oz	0.548
10110	Pork, fresh, variety meats and by-products, liver, raw	28.35	1.0 oz	0.150
10113	Pork, fresh, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	0.228
10112	Pork, fresh, variety meats and by-products, lungs, raw	28.35	1.0 oz	0.065
10114	Pork, fresh, variety meats and by-products, mechanically separated, raw	28.35	1.0 oz	0.089
10116	Pork, fresh, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	0.399

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
10115	Pork, fresh, variety meats and by-products, pancreas, raw	28.35	1.0 oz	0.087
10118	Pork, fresh, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	0.445
10117	Pork, fresh, variety meats and by-products, spleen, raw	28.35	1.0 oz	0.094
10175	Pork, fresh, variety meats and by-products, tail, cooked, simmered	85.0	3.0 oz	0.260
10174	Pork, fresh, variety meats and by-products, tail, raw	28.35	1.0 oz	0.091
10122	Pork, fresh, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	0.459
10121	Pork, fresh, variety meats and by-products, tongue, raw	28.35	1.0 oz	0.103
10974	Pork, ground, 72% lean / 28% fat, cooked, crumbles	113.0	4.0 oz	0.689
10977	Pork, ground, 72% lean / 28% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	0.513
10975	Pork, ground, 84% lean / 16% fat, cooked, crumbles	85.0	3.0 oz grilled patties	0.606
10978	Pork, ground, 84% lean / 16% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	0.616
10972	Pork, ground, 84% lean / 16% fat, raw	113.0	4.0 oz	0.542
10976	Pork, ground, 96% lean / 4% fat, cooked, crumbles	85.0	3.0 oz grilled patties	0.694
10979	Pork, ground, 96% lean / 4% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	0.719
10973	Pork, ground, 96% lean / 4% fat, raw	113.0	4.0 oz	0.637
10957	Pork, Leg Cap Steak, boneless, separable lean and fat, raw	85.0	3.0 oz	0.504
10962	Pork, Leg sirloin tip roast, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.725
10963	Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw	85.0	3.0 oz	0.533
10956	Pork, loin, leg cap steak, boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.643
43297	Pork, oriental style, dehydrated	22.0	1.0 cup	0.062
10898	Pork, pickled pork hocks	117.0	3.0 oz	0.247
10959	Pork, Shoulder breast, boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.663
10958	Pork, Shoulder breast, boneless, separable lean and fat, raw	85.0	3.0 oz	0.525
10961	Pork, Shoulder petite tender, boneless, separable lean and fat, raw	105.0	1.0 piece	0.624
10960	Pork, shoulder, petite tender, boneless, separable lean and fat, cooked, broiled	92.0	1.0 piece	0.693
11413	Potato flour	160.0	1.0 cup	0.171
11672	Potato pancakes	22.0	1.0 small 2-3/4 in. dia., 5/8 in. thick.	0.030
11399	Potato puffs, frozen, oven-heated	79.0	10.0 puffs	0.027
11398	Potato puffs, frozen, unprepared	120.0	1.0 cup	0.037
11414	Potato salad, home-prepared	250.0	1.0 cup	0.165
11373	Potatoes, au gratin, home-prepared from recipe using butter	245.0	1.0 cup	0.287
11843	Potatoes, au gratin, home-prepared from recipe using margarine	245.0	1.0 cup	0.287
11828	Potatoes, baked, flesh and skin, with salt	61.0	0.5 cup	0.023
11674	Potatoes, baked, flesh and skin, without salt	148.0	1.0 NLEA serving	0.056
11829	Potatoes, baked, flesh, with salt	61.0	0.5 cup	0.019
11363	Potatoes, baked, flesh, without salt	61.0	0.5 cup	0.019

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
11831	Potatoes, boiled, cooked in skin, flesh, with salt	78.0	0.5 cup	0.023
11365	Potatoes, boiled, cooked in skin, flesh, without salt	78.0	0.5 cup	0.023
11833	Potatoes, boiled, cooked without skin, flesh, with salt	78.0	0.5 cup	0.021
11367	Potatoes, boiled, cooked without skin, flesh, without salt	78.0	0.5 cup	0.021
11376	Potatoes, canned, drained solids	180.0	1.0 cup	0.040
11374	Potatoes, canned, solids and liquids	300.0	1.0 cup, whole	0.057
11352	Potatoes, flesh and skin, raw	75.0	0.5 cup, diced	0.024
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	76.0	10.0 fries	0.033
11402	Potatoes, french fried, all types, salt added in processing, frozen, unprepared	89.0	10.0 strip	0.032
11406	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, as purchased	65.0	10.0 strips	0.018
11407	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, oven-heated	50.0	10.0 strips	0.020
11359	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, as purchased	82.0	10.0 strip	0.030
11360	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, oven-heated	69.0	10.0 strip	0.028
11394	Potatoes, french fried, shoestring, salt added in processing, frozen, as purchased	30.0	10.0 strip	0.010
11395	Potatoes, french fried, shoestring, salt added in processing, frozen, oven-heated	21.0	10.0 strip	0.010
11411	Potatoes, french fried, steak fries, salt added in processing, frozen, as purchased	153.0	10.0 strip	0.054
11840	Potatoes, frozen, french fried, par fried, cottage-cut, prepared, heated in oven, with salt	50.0	10.0 strips	0.020
11409	Potatoes, frozen, french fried, par fried, extruded, prepared, heated in oven, without salt	50.0	10.0 strips	0.020
11408	Potatoes, frozen, french fried, par fried, extruded, unprepared	65.0	10.0 strips	0.021
11400	Potatoes, frozen, whole, unprepared	182.0	1.0 cup	0.069
11391	Potatoes, hash brown, frozen, plain, prepared, pan fried in canola oil	150.0	1.0 cup prepared	0.063
11390	Potatoes, hash brown, frozen, plain, unprepared	105.0	0.5 cup	0.024
11370	Potatoes, hash brown, home-prepared	156.0	1.0 cup	0.073
11378	Potatoes, mashed, dehydrated, flakes without milk, dry form	60.0	1.0 cup	0.076
11382	Potatoes, mashed, dehydrated, granules with milk, dry form	200.0	1.0 cup	0.306
11380	Potatoes, mashed, dehydrated, granules without milk, dry form	200.0	1.0 cup	0.262
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210.0	1.0 cup	0.069
11930	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and margarine added	210.0	1.0 cup	0.067
11383	Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	210.0	1.0 cup	0.084
11381	Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added	210.0	1.0 cup	0.084
11657	Potatoes, mashed, home-prepared, whole milk added	210.0	1.0 cup	0.074
11934	Potatoes, mashed, home-prepared, whole milk and butter added	210.0	1.0 cup	0.069
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210.0	1.0 cup	0.078
11929	Potatoes, mashed, prepared from granules, without milk, whole milk and margarine	210.0	1.0 cup	0.084
11675	Potatoes, microwaved, cooked in skin, flesh and skin, without salt	202.0	1.0 potato (2-3/4" dia by 4-3/4" long)	0.079
11835	Potatoes, microwaved, cooked in skin, flesh, with salt	78.0	0.5 cup	0.026

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
11368	Potatoes, microwaved, cooked in skin, flesh, without salt	78.0	0.5 cup	0.026
11834	Potatoes, microwaved, cooked, in skin, flesh and skin, with salt	202.0	1.0 potato (2-1/3" x 4-3/4")	0.079
11671	Potatoes, o'brien, home-prepared	194.0	1.0 cup	0.083
11358	Potatoes, red, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	0.105
11355	Potatoes, red, flesh and skin, raw	75.0	0.5 cup, diced	0.022
11356	Potatoes, Russet, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	0.123
11372	Potatoes, scalloped, home-prepared with butter	245.0	1.0 cup	0.142
11844	Potatoes, scalloped, home-prepared with margarine	245.0	1.0 cup	0.142
11357	Potatoes, white, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia)	0.096
11354	Potatoes, white, flesh and skin, raw	75.0	0.5 cup, diced	0.020
07067	Poultry salad sandwich spread	13.0	1.0 tbsp	0.042
05301	Poultry, mechanically deboned, from backs and necks with skin, raw	227.0	0.5 lb	0.688
05302	Poultry, mechanically deboned, from backs and necks without skin, raw	227.0	0.5 lb	0.883
05303	Poultry, mechanically deboned, from mature hens, raw	227.0	0.5 lb	0.903
19121	Puddings, banana, dry mix, instant, prepared with 2% milk	147.0	0.5 cup From 19191	0.103
19319	Puddings, banana, dry mix, instant, prepared with whole milk	127.0	0.5 cup	0.077
19320	Puddings, banana, dry mix, regular	88.0	1.0 package (3.12 oz)	0.001
19122	Puddings, banana, dry mix, regular, prepared with 2% milk	142.0	0.5 cup From 19211	0.104
19321	Puddings, banana, dry mix, regular, prepared with whole milk	127.0	0.5 cup	0.081
19706	Puddings, banana, dry mix, regular, with added oil	88.0	1.0 package (3.12 oz)	0.001
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	142.0	0.5 cup From 19211	0.105
19185	Puddings, chocolate, dry mix, instant, prepared with whole milk	147.0	0.5 cup	0.101
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	128.0	0.5 cup	0.091
19191	Puddings, coconut cream, dry mix, instant, prepared with 2% milk	147.0	0.5 cup	0.101
19323	Puddings, coconut cream, dry mix, instant, prepared with whole milk	147.0	0.5 cup	0.100
19219	Puddings, coconut cream, dry mix, regular, prepared with 2% milk	140.0	0.5 cup	0.101
19325	Puddings, coconut cream, dry mix, regular, prepared with whole milk	140.0	0.5 cup	0.101
19330	Puddings, lemon, dry mix, instant	99.0	1.0 package (3.5 oz)	0.000
19204	Puddings, lemon, dry mix, instant, prepared with 2% milk	8.0	1.0 serving	0.006
19331	Puddings, lemon, dry mix, instant, prepared with whole milk	147.0	0.5 cup	0.096
19332	Puddings, lemon, dry mix, regular	85.0	1.0 package (3 oz)	0.001
19708	Puddings, lemon, dry mix, regular, with added oil, potassium, sodium	85.0	1.0 package (3 oz)	0.001
19208	Puddings, rice, dry mix, prepared with 2% milk	128.0	0.5 cup	0.090
19195	Puddings, rice, dry mix, prepared with whole milk	128.0	0.5 cup	0.090
19198	Puddings, tapioca, dry mix	92.0	1.0 package (3.5 oz)	0.002
19209	Puddings, tapioca, dry mix, prepared with 2% milk	128.0	0.5 cup	0.093

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
19199	Puddings, tapioca, dry mix, prepared with whole milk	128.0	0.5 cup	0.092
19709	Puddings, tapioca, dry mix, with no added salt	92.0	1.0 package (3.5 oz)	0.002
19203	Puddings, vanilla, dry mix, instant, prepared with whole milk	142.0	0.5 cup	0.092
19206	Puddings, vanilla, dry mix, regular	88.0	1.0 package (3.12 oz)	0.004
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	128.0	0.5 cup	0.095
19710	Puddings, vanilla, dry mix, regular, with added oil	88.0	1.0 package (3.12 oz)	0.004
18337	Puff pastry, frozen, ready-to-bake	28.35	1.0 oz	0.037
18211	Puff pastry, frozen, ready-to-bake, baked	28.35	1.0 oz	0.037
11848	Pumpkin leaves, cooked, boiled, drained, with salt	71.0	1.0 cup	0.033
11419	Pumpkin leaves, cooked, boiled, drained, without salt	71.0	1.0 cup	0.033
11418	Pumpkin leaves, raw	39.0	1.0 cup	0.021
11426	Pumpkin pie mix, canned	270.0	1.0 cup	0.032
11846	Pumpkin, canned, with salt	245.0	1.0 cup	0.029
11424	Pumpkin, canned, without salt	245.0	1.0 cup	0.029
11845	Pumpkin, cooked, boiled, drained, with salt	245.0	1.0 cup, mashed	0.020
11423	Pumpkin, cooked, boiled, drained, without salt	245.0	1.0 cup, mashed	0.020
11422	Pumpkin, raw	116.0	1.0 cup (1" cubes)	0.013
11849	Purslane, cooked, boiled, drained, with salt	115.0	1.0 cup	0.016
11428	Purslane, cooked, boiled, drained, without salt	115.0	1.0 cup	0.016
05159	Quail, breast, meat only, raw	85.0	3.0 oz	0.609
05157	Quail, meat and skin, raw	109.0	1.0 quail	0.644
05158	Quail, meat only, raw	92.0	1.0 quail	0.634
20137	Quinoa, cooked	185.0	1.0 cup	0.178
20035	Quinoa, uncooked	170.0	1.0 cup	0.525
11952	Radicchio, raw	40.0	1.0 cup, shredded	0.003
11850	Radishes, oriental, cooked, boiled, drained, with salt	147.0	1.0 cup slices	0.009
11431	Radishes, oriental, cooked, boiled, drained, without salt	147.0	1.0 cup, sliced	0.009
11432	Radishes, oriental, dried	116.0	1.0 cup	0.087
11430	Radishes, oriental, raw	116.0	1.0 cup slices	0.007
11429	Radishes, raw	116.0	1.0 cup slices	0.012
11637	Radishes, white icicle, raw	50.0	0.5 cup slices	0.005
09298	Raisins, seedless	165.0	1.0 cup, packed	0.035
22976	Ravioli, cheese with tomato sauce, frozen, not prepared, includes regular and light entrees	159.0	1.0 cup	0.122
22900	Ravioli, meat-filled, with tomato sauce or meat sauce, canned	262.0	1.0 cup	0.131
16103	Refried beans, canned, traditional style (includes USDA commodity)	238.0	1.0 cup	0.198
16403	Refried beans, canned, traditional, reduced sodium	238.0	1.0 cup	0.155

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
36603	Restaurant, Chinese, beef and vegetables	574.0	1.0 order	0.907
36626	Restaurant, Chinese, chicken and vegetables	693.0	1.0 order	1.130
36623	Restaurant, Chinese, chicken chow mein	604.0	1.0 order	0.985
36601	Restaurant, Chinese, egg rolls, assorted	89.0	1.0 piece	0.131
36602	Restaurant, Chinese, fried rice, without meat	137.0	1.0 cup	0.156
36618	Restaurant, Chinese, general tso's chicken	535.0	1.0 order	1.776
36619	Restaurant, Chinese, kung pao chicken	604.0	1.0 order	1.450
36617	Restaurant, Chinese, lemon chicken	623.0	1.0 order	2.056
36629	Restaurant, Chinese, orange chicken	648.0	1.0 order	2.203
36620	Restaurant, Chinese, shrimp and vegetables	601.0	1.0 order	0.914
36621	Restaurant, Chinese, sweet and sour chicken	706.0	1.0 order	1.652
36622	Restaurant, Chinese, sweet and sour pork	609.0	1.0 order	1.285
36015	Restaurant, family style, chicken fingers, from kid's menu	114.0	1.0 serving	0.592
36034	Restaurant, family style, chicken tenders	201.0	1.0 serving	1.019
36037	Restaurant, family style, chili with meat and beans	136.0	1.0 cup	0.378
36033	Restaurant, family style, fish fillet, battered or breaded, fried	226.0	1.0 serving	0.911
36014	Restaurant, family style, french fries	170.0	1.0 serving	0.075
36012	Restaurant, family style, fried mozzarella sticks	245.0	1.0 serving	1.056
36017	Restaurant, family style, macaroni & cheese, from kids' menu	136.0	1.0 cup	0.165
36036	Restaurant, family style, onion rings	259.0	1.0 serving	0.189
36016	Restaurant, family style, shrimp, breaded and fried	169.0	1.0 serving	0.522
36013	Restaurant, family style, sirloin steak	166.0	1.0 serving	1.272
36038	Restaurant, family style, spaghetti and meatballs	134.0	1.0 cup	0.255
36055	Restaurant, Italian, cheese ravioli with marinara sauce	427.0	1.0 serving serving size varied by diameter and count of raviloi	0.709
36059	Restaurant, Italian, chicken parmesan without pasta	301.0	1.0 serving	1.222
36041	Restaurant, Italian, lasagna with meat	457.0	1.0 serving	1.129
36630	Restaurant, Italian, spaghetti with meat sauce	554.0	1.0 serving	0.604
36046	Restaurant, Italian, spaghetti with pomodoro sauce (no meat)	510.0	1.0 serving	0.291
36415	Restaurant, Latino, arepa (unleavened cornmeal bread)	98.0	1.0 piece	0.128
36405	Restaurant, Latino, Arroz con frijoles negros (rice and black beans)	461.0	1.0 serving	0.318
36407	Restaurant, Latino, Arroz con grandules (rice and pigeonpeas)	653.0	1.0 serving	0.457
36406	Restaurant, Latino, Arroz con habichuelas colorados (Rice And Red Beans)	590.0	1.0 serving	0.389
36404	Restaurant, Latino, arroz con leche (rice pudding)	283.0	1.0 serving	0.212
36413	Restaurant, Latino, black bean soup	246.0	1.0 cup	0.239
36416	Restaurant, Latino, bunuelos (fried yeast bread)	70.0	1.0 piece	0.113

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
36401	Restaurant, Latino, chicken and rice, entree, prepared	141.0	1.0 cup	0.431
36403	Restaurant, Latino, empanadas, beef, prepared	89.0	1.0 piece	0.184
36408	Restaurant, Latino, pupusas con frijoles (pupusas, bean)	126.0	1.0 piece	0.126
36409	Restaurant, Latino, pupusas con queso (pupusas, cheese)	117.0	1.0 piece	0.405
36410	Restaurant, Latino, pupusas del cerdo (pupusas, pork)	122.0	1.0 piece	0.327
36411	Restaurant, Latino, tamale, corn	166.0	1.0 piece	0.111
36412	Restaurant, Latino, tamale, pork	142.0	1.0 piece	0.267
36414	Restaurant, Latino, tripe soup	200.0	1.0 cup	0.328
36050	Restaurant, Mexican, cheese enchilada	244.0	1.0 serving serving size varied from 1 to 3 enchiladas	0.747
36052	Restaurant, Mexican, cheese quesadilla	205.0	1.0 serving serving size varied on diameter and count of quesadila	0.789
36056	Restaurant, Mexican, cheese tamales	302.0	1.0 serving serving size varied from 1 to 3 tamales	0.695
36418	Restaurant, Mexican, refried beans	148.0	1.0 cup	0.121
36061	Restaurant, Mexican, soft taco with ground beef, cheese and lettuce	281.0	1.0 serving varied from 1 to 3 tacos per serving	0.787
36417	Restaurant, Mexican, spanish rice	116.0	1.0 cup	0.082
32000	Rice and vermicelli mix, beef flavor, unprepared	61.0	0.333 cup	0.101
32002	Rice and vermicelli mix, rice pilaf flavor, unprepared	68.0	0.333 cup	0.099
22958	Rice bowl with chicken, frozen entree, prepared (includes fried, teriyaki, and sweet and sour varieties)	340.0	1.0 bowl	0.456
20060	Rice bran, crude	118.0	1.0 cup	0.361
20090	Rice flour, brown	158.0	1.0 cup	0.258
20061	Rice flour, white, unenriched	158.0	1.0 cup	0.228
20134	Rice noodles, cooked	176.0	1.0 cup	0.076
20133	Rice noodles, dry	57.0	2.0 oz	0.082
20037	Rice, brown, long-grain, cooked	202.0	1.0 cup	0.117
20036	Rice, brown, long-grain, raw	185.0	1.0 cup	0.331
20041	Rice, brown, medium-grain, cooked	195.0	1.0 cup	0.101
20040	Rice, brown, medium-grain, raw	190.0	1.0 cup	0.321
20055	Rice, white, glutinous, unenriched, cooked	174.0	1.0 cup	0.082
20054	Rice, white, glutinous, unenriched, uncooked	185.0	1.0 cup	0.296
20047	Rice, white, long-grain, parboiled, enriched, cooked	158.0	1.0 cup	0.112
20046	Rice, white, long-grain, parboiled, enriched, dry	185.0	1.0 cup	0.339
20447	Rice, white, long-grain, parboiled, unenriched, cooked	158.0	1.0 cup	0.111
20446	Rice, white, long-grain, parboiled, unenriched, dry	185.0	1.0 cup	0.339
20048	Rice, white, long-grain, precooked or instant, enriched, dry	95.0	1.0 cup	0.179
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165.0	1.0 cup	0.086
20345	Rice, white, long-grain, regular, cooked, enriched, with salt	158.0	1.0 cup	0.100

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
20545	Rice, white, long-grain, regular, cooked, unenriched, with salt	158.0	1.0 cup	0.100
20045	Rice, white, long-grain, regular, enriched, cooked	158.0	1.0 cup	0.100
20044	Rice, white, long-grain, regular, raw, enriched	185.0	1.0 cup	0.311
20444	Rice, white, long-grain, regular, raw, unenriched	185.0	1.0 cup	0.311
20445	Rice, white, long-grain, regular, unenriched, cooked without salt	158.0	1.0 cup	0.100
20451	Rice, white, medium-grain, cooked, unenriched	186.0	1.0 cup	0.104
20051	Rice, white, medium-grain, enriched, cooked	186.0	1.0 cup	0.104
20050	Rice, white, medium-grain, raw, enriched	195.0	1.0 cup	0.302
20450	Rice, white, medium-grain, raw, unenriched	195.0	1.0 cup	0.302
20453	Rice, white, short-grain, cooked, unenriched	205.0	1.0 cup	0.115
20053	Rice, white, short-grain, enriched, cooked	186.0	1.0 cup	0.104
20052	Rice, white, short-grain, enriched, uncooked	200.0	1.0 cup	0.306
20452	Rice, white, short-grain, raw, unenriched	200.0	1.0 cup	0.306
18344	Rolls, dinner, egg	28.35	1.0 oz	0.053
18345	Rolls, dinner, oat bran	28.35	1.0 oz	0.046
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28.0	1.0 roll (1 oz)	0.041
18396	Rolls, dinner, plain, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.049
18346	Rolls, dinner, rye	43.0	1.0 large (approx 3-1/2" to 4" dia)	0.074
28348	Rolls, dinner, sweet	30.0	1.0 roll	0.054
18347	Rolls, dinner, wheat	28.0	1.0 roll (1 oz)	0.041
18348	Rolls, dinner, whole-wheat	28.0	1.0 roll (1 oz)	0.039
18349	Rolls, french	28.35	1.0 oz	0.043
18351	Rolls, hamburger or hotdog, mixed-grain	28.35	1.0 oz	0.046
18352	Rolls, hamburger or hotdog, reduced-calorie	28.35	1.0 oz	0.034
18353	Rolls, hard (includes kaiser)	28.35	1.0 oz	0.050
43441	Rolls, pumpernickel	36.0	1.0 medium (2-1/2" dia)	0.055
02063	Rosemary, fresh	0.7	1.0 tsp	0.000
20063	Rye flour, dark	128.0	1.0 cup	0.255
20065	Rye flour, light	102.0	1.0 cup	0.115
20064	Rye flour, medium	102.0	1.0 cup	0.139
20062	Rye grain	169.0	1.0 cup	0.259
04120	Salad dressing, french dressing, commercial, regular	16.0	1.0 tbsp	0.002
04020	Salad dressing, french dressing, reduced fat	16.0	1.0 tablespoon	0.000
04133	Salad dressing, french, home recipe	14.0	1.0 tablespoon	0.000
04135	Salad dressing, home recipe, vinegar and oil	16.0	1.0 tablespoon	0.000
04021	Salad dressing, italian dressing, commercial, reduced fat	15.0	1.0 tablespoon	0.001

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
04114	Salad dressing, italian dressing, commercial, regular	14.7	1.0 tbsp	0.001
04018	Salad dressing, mayonnaise type, regular, with salt	14.7	1.0 tbsp	0.003
04028	Salad dressing, mayonnaise, imitation, milk cream	15.0	1.0 tablespoon	0.008
04027	Salad dressing, mayonnaise, imitation, soybean	15.0	1.0 tbsp	0.000
04029	Salad dressing, mayonnaise, imitation, soybean without cholesterol	14.1	1.0 tablespoon	0.000
04641	Salad dressing, mayonnaise, light	15.0	1.0 tablespoon	0.002
04025	Salad dressing, mayonnaise, regular	13.8	1.0 tbsp	0.005
04026	Salad dressing, mayonnaise, soybean and safflower oil, with salt	13.8	1.0 tablespoon	0.005
04022	Salad dressing, russian dressing, low calorie	16.0	1.0 tablespoon	0.002
04016	Salad dressing, sesame seed dressing, regular	15.0	1.0 tablespoon	0.004
04023	Salad dressing, thousand island dressing, reduced fat	15.0	1.0 tablespoon	0.000
04017	Salad dressing, thousand island, commercial, regular	16.0	1.0 tbsp	0.000
07068	Salami, cooked, beef	26.0	1.0 slice	0.091
07069	Salami, cooked, beef and pork	12.3	1.0 slice round	0.037
07070	Salami, cooked, turkey	28.0	1.0 serving	0.124
07071	Salami, dry or hard, pork	113.0	1.0 package (4 oz)	0.531
07072	Salami, dry or hard, pork, beef	9.8	1.0 slice	0.057
07926	Salami, Italian, pork	28.0	1.0 oz	0.132
07941	Salami, Italian, pork and beef, dry, sliced, 50% less sodium	28.0	1.0 serving 5 slices	0.166
07913	Salami, pork, beef, less sodium	100.0	3.527 oz	0.301
15264	Salmon, sockeye, canned, drained solids, without skin and bones	85.0	3.0 oz	0.660
15253	Salmon, sockeye, canned, total can contents	85.0	3.0 oz	0.518
02047	Salt, table	6.0	1.0 tsp	0.000
07073	Sandwich spread, pork, beef	15.0	1.0 tbsp	0.029
04030	Sandwich spread, with chopped pickle, regular, unspecified oils	15.0	1.0 tablespoon	0.003
09313	Sapodilla, raw	241.0	1.0 cup, pulp	0.007
09314	Sapote, mamey, raw	175.0	1.0 cup 1" pieces	0.042
06166	Sauce, homemade, white, medium	250.0	1.0 cup	0.192
06167	Sauce, homemade, white, thick	250.0	1.0 cup	0.178
06165	Sauce, homemade, white, thin	250.0	1.0 cup	0.205
06168	Sauce, ready-to-serve, pepper or hot	4.7	1.0 tsp	0.000
06169	Sauce, ready-to-serve, pepper, TABASCO	4.7	1.0 tsp	0.001
11439	Sauerkraut, canned, solids and liquids	142.0	1.0 cup	0.013
07004	Sausage, Berliner, pork, beef	23.0	1.0 slice	0.084
07928	Sausage, chicken, beef, pork, skinless, smoked	84.0	1.0 link	0.281
07089	Sausage, Italian, pork, cooked	83.0	1.0 link, 4/lb	0.403

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
07036	Sausage, Italian, pork, raw	113.0	1.0 link, 4/lb	0.391
07914	Sausage, Italian, sweet, links	84.0	1.0 link 3 oz	0.203
07927	Sausage, Italian, turkey, smoked	56.0	1.0 serving 2 oz	0.293
16107	Sausage, meatless	25.0	1.0 link	0.063
07915	Sausage, Polish, beef with chicken, hot	55.0	1.0 serving 5 pieces	0.208
07916	Sausage, Polish, pork and beef, smoked	76.0	1.0 serving 2.67 oz	0.277
07917	Sausage, pork and beef, with cheddar cheese, smoked	77.0	12.0 oz serving 2.7 oz	0.277
07979	Sausage, pork, turkey, and beef, reduced sodium	85.0	3.0 oz	0.408
07918	Sausage, summer, pork and beef, sticks, with cheddar cheese	28.35	1.0 oz	0.102
07919	Sausage, turkey, breakfast links, mild	56.0	2.0 oz, 2 links	0.250
07929	Sausage, turkey, hot, smoked	56.0	2.0 oz	0.244
07083	Sausage, Vienna, canned, chicken, beef, pork	16.0	1.0 sausage (7/8" dia x 2" long)	0.042
31019	Seaweed, Canadian Cultivated EMI-TSUNOMATA, dry	5.0	0.25 cup	0.013
31020	Seaweed, Canadian Cultivated EMI-TSUNOMATA, rehydrated	25.0	0.25 cup	0.008
11445	Seaweed, kelp, raw	10.0	2.0 tbsp (1/8 cup)	0.002
11446	Seaweed, laver, raw	26.0	10.0 sheets	0.038
11667	Seaweed, spirulina, dried	112.0	1.0 cup	1.287
11669	Seaweed, wakame, raw	10.0	2.0 tbsp (1/8 cup)	0.006
12003	Seeds, breadfruit seeds, boiled	28.35	1.0 oz	0.020
12001	Seeds, breadfruit seeds, raw	28.35	1.0 oz	0.027
12158	Seeds, breadfruit seeds, roasted	28.35	1.0 oz	0.023
12005	Seeds, breadnut tree seeds, dried	160.0	1.0 cup	0.080
12004	Seeds, breadnut tree seeds, raw	28.35	1.0 oz (8-14 seeds)	0.010
12006	Seeds, chia seeds, dried	28.35	1.0 oz	0.167
12008	Seeds, cottonseed flour, low fat (glandless)	28.35	1.0 oz	0.229
12007	Seeds, cottonseed flour, partially defatted (glandless)	94.0	1.0 cup	0.625
12160	Seeds, cottonseed kernels, roasted (glandless)	149.0	1.0 cup	0.788
12011	Seeds, cottonseed meal, partially defatted (glandless)	28.35	1.0 oz	0.226
12220	Seeds, flaxseed	10.3	1.0 tbsp, whole	0.038
12012	Seeds, hemp seed, hulled	30.0	3.0 tbsp	0.280
12013	Seeds, lotus seeds, dried	32.0	1.0 cup	0.085
12205	Seeds, lotus seeds, raw	28.35	1.0 oz	0.020
12014	Seeds, pumpkin and squash seed kernels, dried	129.0	1.0 cup	0.778
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	118.0	1.0 cup	0.702
12016	Seeds, pumpkin and squash seed kernels, roasted, without salt	118.0	1.0 cup	0.702
12663	Seeds, pumpkin and squash seeds, whole, roasted, with salt added	64.0	1.0 cup	0.267

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
12163	Seeds, pumpkin and squash seeds, whole, roasted, without salt	64.0	1.0 cup	0.267
12021	Seeds, safflower seed kernels, dried	28.35	1.0 oz	0.081
12022	Seeds, safflower seed meal, partially defatted	28.35	1.0 oz	0.177
12169	Seeds, sesame butter, paste	16.0	1.0 tbsp	0.096
12198	Seeds, sesame butter, tahini, from raw and stone ground kernels	15.0	1.0 tbsp	0.088
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15.0	1.0 tbsp	0.084
12171	Seeds, sesame butter, tahini, from unroasted kernels (non-chemically removed seed coat)	14.0	1.0 tbsp	0.083
12170	Seeds, sesame flour, high-fat	28.35	1.0 oz	0.288
12033	Seeds, sesame flour, low-fat	28.35	1.0 oz	0.469
12032	Seeds, sesame flour, partially defatted	28.35	1.0 oz	0.377
12034	Seeds, sesame meal, partially defatted	28.35	1.0 oz	0.159
12201	Seeds, sesame seed kernels, dried (decorticated)	150.0	1.0 cup	1.320
12529	Seeds, sesame seed kernels, toasted, with salt added (decorticated)	128.0	1.0 cup	0.717
12029	Seeds, sesame seed kernels, toasted, without salt added (decorticated)	128.0	1.0 cup	0.717
12023	Seeds, sesame seeds, whole, dried	144.0	1.0 cup	0.844
12024	Seeds, sesame seeds, whole, roasted and toasted	28.35	1.0 oz	0.159
12193	Seeds, sisymbrium sp. seeds, whole, dried	74.0	1.0 cup	0.230
12540	Seeds, sunflower seed butter, with salt added	16.0	1.0 tbsp	0.070
12040	Seeds, sunflower seed butter, without salt	16.0	1.0 tbsp	0.070
12041	Seeds, sunflower seed flour, partially defatted	64.0	1.0 cup	0.668
12536	Seeds, sunflower seed kernels from shell, dry roasted, with salt added	128.0	1.0 cup	0.538
12036	Seeds, sunflower seed kernels, dried	46.0	1.0 cup, with hulls, edible yield	0.227
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	128.0	1.0 cup	0.538
12037	Seeds, sunflower seed kernels, dry roasted, without salt	128.0	1.0 cup	0.538
12538	Seeds, sunflower seed kernels, oil roasted, with salt added	135.0	1.0 cup	0.587
12038	Seeds, sunflower seed kernels, oil roasted, without salt	135.0	1.0 cup	0.587
12539	Seeds, sunflower seed kernels, toasted, with salt added	134.0	1.0 cup	0.501
12039	Seeds, sunflower seed kernels, toasted, without salt	134.0	1.0 cup	0.501
12174	Seeds, watermelon seed kernels, dried	108.0	1.0 cup	0.901
20066	Semolina, enriched	167.0	1.0 cup	0.331
20466	Semolina, unenriched	167.0	1.0 cup	0.331
11922	Sesbania flower, cooked, steamed, with salt	104.0	1.0 cup	0.015
11448	Sesbania flower, cooked, steamed, without salt	104.0	1.0 cup	0.015
11447	Sesbania flower, raw	3.0	1.0 flower	0.000
14347	Shake, fast food, vanilla	20.8	1.0 fl oz	0.020
11640	Shallots, freeze-dried	0.9	1.0 tbsp	0.001

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
11677	Shallots, raw	10.0	1.0 tbsp chopped	0.003
04546	Shortening bread, soybean (hydrogenated) and cottonseed	12.8	1.0 tablespoon	0.000
04548	Shortening cake mix, soybean (hydrogenated) and cottonseed (hydrogenated)	12.8	1.0 tbsp	0.000
04551	Shortening confectionery, coconut (hydrogenated) and or palm kernel (hydrogenated)	12.8	1.0 tbsp	0.000
04550	Shortening frying (heavy duty), beef tallow and cottonseed	12.8	1.0 tbsp	0.000
04556	Shortening frying (heavy duty), palm (hydrogenated)	12.8	1.0 tbsp	0.000
04560	Shortening frying (heavy duty), soybean (hydrogenated), linoleic (less than 1%)	12.8	1.0 tbsp	0.000
04559	Shortening household soybean (hydrogenated) and palm	12.8	1.0 tbsp	0.000
04549	Shortening industrial, lard and vegetable oil	12.8	1.0 tbsp	0.000
04554	Shortening industrial, soybean (hydrogenated) and cottonseed	12.8	1.0 tbsp	0.000
04570	Shortening, confectionery, fractionated palm	13.6	1.0 tbsp	0.000
04544	Shortening, household, lard and vegetable oil	12.8	1.0 tablespoon	0.000
04031	Shortening, household, soybean (partially hydrogenated)-cottonseed (partially hydrogenated)	12.8	1.0 tbsp	0.000
04667	Shortening, industrial, soy (partially hydrogenated) for baking and confections	12.8	1.0 tbsp	0.000
04649	Shortening, industrial, soy (partially hydrogenated), pourable liquid fry shortening	13.6	1.0 tbsp	0.000
21140	Side dishes, potato salad	95.0	0.333 cup	0.034
07074	Smoked link sausage, pork	68.0	1.0 link (4" long x 1-1/8" dia)	0.405
07077	Smoked link sausage, pork and beef, nonfat dry milk added	68.0	1.0 link (4" long x 1-1/8" dia)	0.234
19410	Snack, potato chips, made from dried potatoes, plain	28.0	1.0 oz	0.019
25060	Snack, Pretzel, hard chocolate coated	28.0	1.0 serving	0.019
25046	Snacks, bagel chips, plain	28.35	1.0 oz	0.052
19400	Snacks, banana chips	28.35	1.0 oz	0.007
19407	Snacks, beef sticks, smoked	28.35	1.0 oz	0.129
25059	Snacks, brown rice chips	9.0	1.0 cake	0.017
19419	Snacks, corn cakes	9.0	1.0 cake	0.016
19800	Snacks, corn cakes, very low sodium	9.0	1.0 cake	0.016
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1.0 oz	0.038
19804	Snacks, corn-based, extruded, chips, barbecue-flavor, made with enriched masa flour	28.35	1.0 oz	0.038
19003	Snacks, corn-based, extruded, chips, plain	28.0	1.0 oz	0.038
19005	Snacks, corn-based, extruded, cones, plain	28.35	1.0 oz	0.035
19007	Snacks, corn-based, extruded, onion-flavor	28.35	1.0 oz	0.044
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1.0 oz, crunchy (about 21 pieces)	0.050
19802	Snacks, corn-based, extruded, puffs or twists, cheese-flavor, unenriched	28.35	1.0 oz	0.043
19403	Snacks, crisped rice bar, almond	28.0	1.0 bar (1 oz)	0.031
19010	Snacks, crisped rice bar, chocolate chip	28.0	1.0 bar (1 oz)	0.029
25013	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, original flavor	28.35	1.0 oz	0.043

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
25035	Snacks, granola bar, chewy, reduced sugar, all flavors	24.0	1.0 bar	0.006
25053	Snacks, granola bar, GENERAL MILLS NATURE VALLEY, SWEET&SALTY NUT, peanut	35.0	1.0 bar	0.046
25055	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, CHEWY TRAIL MIX	35.0	1.0 bar	0.031
25054	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, with yogurt coating	35.0	1.0 bar	0.034
25056	Snacks, granola bar, QUAKER, DIPPS, all flavors	31.0	1.0 bar	0.021
19016	Snacks, granola bars, hard, almond	28.35	1.0 oz	0.038
19017	Snacks, granola bars, hard, chocolate chip	28.35	1.0 oz	0.038
19420	Snacks, granola bars, hard, peanut butter	28.35	1.0 oz	0.041
19015	Snacks, granola bars, hard, plain	21.0	1.0 bar	0.037
25039	Snacks, granola bars, QUAKER OATMEAL TO GO, all flavors	60.0	1.0 bar	0.074
19024	Snacks, granola bars, soft, coated, milk chocolate coating, chocolate chip	35.0	1.0 bar (1.25 oz)	0.040
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1.0 oz	0.049
19404	Snacks, granola bars, soft, uncoated, chocolate chip	43.0	1.0 bar (1.5 oz)	0.044
19405	Snacks, granola bars, soft, uncoated, chocolate chip, graham and marshmallow	28.0	1.0 bar (1 oz)	0.033
19406	Snacks, granola bars, soft, uncoated, nut and raisin	28.0	1.0 bar (1 oz)	0.038
19021	Snacks, granola bars, soft, uncoated, peanut butter	28.0	1.0 bar (1 oz)	0.041
19027	Snacks, granola bars, soft, uncoated, peanut butter and chocolate chip	28.0	1.0 bar (1 oz)	0.037
19020	Snacks, granola bars, soft, uncoated, plain	28.0	1.0 bar (1 oz)	0.036
19022	Snacks, granola bars, soft, uncoated, raisin	43.0	1.0 bar (1.5 oz)	0.061
25036	Snacks, granola bites, mixed flavors	20.0	1.0 package	0.005
19031	Snacks, oriental mix, rice-based	28.35	1.0 oz	0.070
25037	Snacks, pita chips, salted	28.35	1.0 oz	0.047
19034	Snacks, popcorn, air-popped	8.0	1.0 cup	0.020
19806	Snacks, popcorn, air-popped (Unsalted)	8.0	1.0 cup	0.020
19036	Snacks, popcorn, cakes	10.0	1.0 cake	0.021
19038	Snacks, popcorn, caramel-coated, with peanuts	28.35	1.0 oz (approx 2/3 cup)	0.032
19039	Snacks, popcorn, caramel-coated, without peanuts	28.35	1.0 oz	0.021
19040	Snacks, popcorn, cheese-flavor	11.0	1.0 cup	0.021
25000	Snacks, popcorn, microwave, 94% fat free	28.35	1.0 oz	0.056
25014	Snacks, popcorn, microwave, regular (butter) flavor, made with partially hydrogenated oil	7.9	1.0 cup	0.010
19035	Snacks, popcorn, oil-popped, microwave, regular flavor, no trans fat	11.0	1.0 cup	0.021
19807	Snacks, popcorn, oil-popped, white popcorn, salt added	11.0	1.0 cup	0.021
19408	Snacks, pork skins, barbecue-flavor	28.35	1.0 oz	0.135
19041	Snacks, pork skins, plain	28.35	1.0 oz	0.136
19421	Snacks, potato chips, cheese-flavor	28.35	1.0 oz	0.033
19412	Snacks, potato chips, made from dried potatoes, cheese-flavor	28.35	1.0 oz	0.031

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
19045	Snacks, potato chips, made from dried potatoes, reduced fat	28.35	1.0 oz	0.018
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1.0 oz	0.029
19809	Snacks, potato chips, plain, made with partially hydrogenated soybean oil, salted	28.35	1.0 oz	0.031
19810	Snacks, potato chips, plain, made with partially hydrogenated soybean oil, unsalted	28.35	1.0 oz	0.031
19411	Snacks, potato chips, plain, salted	28.0	1.0 oz	0.031
19811	Snacks, potato chips, plain, unsalted	28.35	1.0 oz	0.031
19422	Snacks, potato chips, reduced fat	28.35	1.0 oz	0.032
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1.0 oz	0.040
19048	Snacks, pretzels, hard, confectioner's coating, chocolate-flavor	28.35	1.0 oz	0.037
19814	Snacks, pretzels, hard, plain, made with enriched flour, unsalted	28.35	1.0 oz	0.046
19812	Snacks, pretzels, hard, plain, made with unenriched flour, salted	28.35	1.0 oz	0.046
19813	Snacks, pretzels, hard, plain, made with unenriched flour, unsalted	28.35	1.0 oz	0.046
19047	Snacks, pretzels, hard, plain, salted	28.35	1.0 oz	0.050
19050	Snacks, pretzels, hard, whole-wheat including both salted and unsalted	28.35	1.0 oz	0.050
19052	Snacks, rice cakes, brown rice, buckwheat	9.0	1.0 cake	0.014
19817	Snacks, rice cakes, brown rice, buckwheat, unsalted	9.0	1.0 cake	0.014
19413	Snacks, rice cakes, brown rice, corn	9.0	1.0 cake	0.016
19414	Snacks, rice cakes, brown rice, multigrain	9.0	1.0 cake	0.016
19818	Snacks, rice cakes, brown rice, multigrain, unsalted	9.0	1.0 cake	0.016
19816	Snacks, rice cakes, brown rice, plain, unsalted	9.0	1.0 cake	0.017
19416	Snacks, rice cakes, brown rice, rye	9.0	1.0 cake	0.015
19053	Snacks, rice cakes, brown rice, sesame seed	9.0	1.0 cake	0.016
19819	Snacks, rice cakes, brown rice, sesame seed, unsalted	9.0	1.0 cake	0.016
19051	Snacks, rice cracker brown rice, plain	9.0	1.0 cake	0.017
19418	Snacks, sesame sticks, wheat-based, salted	28.35	1.0 oz	0.054
19820	Snacks, sesame sticks, wheat-based, unsalted	28.35	1.0 oz	0.054
25025	Snacks, soy chips or crisps, salted	28.35	1.0 oz	0.109
25012	Snacks, sweet potato chips, unsalted	28.35	1.0 oz	0.026
19524	Snacks, taro chips	28.35	1.0 oz	0.009
19057	Snacks, tortilla chips, nacho cheese	28.35	1.0 oz	0.046
19857	Snacks, tortilla chips, nacho-flavor, made with enriched masa flour	28.35	1.0 oz	0.046
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1.0 oz	0.051
19058	Snacks, tortilla chips, ranch-flavor	28.35	1.0 oz	0.044
19063	Snacks, tortilla chips, taco-flavor	28.35	1.0 oz	0.046
19059	Snacks, trail mix, regular	150.0	1.0 cup	0.303
19821	Snacks, trail mix, regular, unsalted	150.0	1.0 cup	0.303

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146.0	1.0 cup	0.317
19822	Snacks, trail mix, regular, with chocolate chips, unsalted nuts and seeds	146.0	1.0 cup	0.317
19061	Snacks, trail mix, tropical	140.0	1.0 cup	0.204
25040	Snacks, vegetable chips, made from garden vegetables	28.35	1.0 oz	0.022
20648	Sorghum flour, whole-grain	121.0	1.0 cup	0.175
20067	Sorghum grain	192.0	1.0 cup	0.324
06006	Soup, bean with frankfurters, canned, condensed	263.0	1.0 cup (8 fl oz)	0.252
06406	Soup, bean with frankfurters, canned, prepared with equal volume water	250.0	1.0 cup (8 fl oz)	0.125
06004	Soup, bean with pork, canned, condensed	130.0	0.5 cup	0.096
06009	Soup, beef noodle, canned, condensed	125.0	0.5 cup	0.090
06211	Soup, cheese, canned, prepared with equal volume milk	251.0	1.0 cup	0.218
06411	Soup, cheese, canned, prepared with equal volume water	247.0	1.0 cup (8 fl oz)	0.116
06024	Soup, chicken and vegetable, canned, ready-to-serve	255.0	1.0 cup	0.094
06017	Soup, chicken gumbo, canned, condensed	126.0	0.5 cup (4 fl oz)	0.045
06417	Soup, chicken gumbo, canned, prepared with equal volume water	244.0	1.0 cup	0.046
06128	Soup, chicken noodle, dry, mix	74.0	1.0 packet	0.195
06025	Soup, chicken vegetable, canned, condensed	121.0	0.5 cup	0.061
06015	Soup, chicken, canned, chunky, ready-to-serve	245.0	1.0 cup	0.238
06070	Soup, chunky beef, canned, ready-to-serve	245.0	1.0 cup	0.252
06001	Soup, cream of asparagus, canned, condensed	126.0	0.5 cup (4 fl oz)	0.042
06201	Soup, cream of asparagus, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	0.144
06401	Soup, cream of asparagus, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.041
06010	Soup, cream of celery, canned, condensed	126.0	0.5 cup	0.030
06210	Soup, cream of celery, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	0.131
06410	Soup, cream of celery, canned, prepared with equal volume water	248.0	1.0 cup	0.030
06016	Soup, cream of chicken, canned, condensed	126.0	0.5 cup (4 fl oz)	0.081
06216	Soup, cream of chicken, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	0.181
06416	Soup, cream of chicken, canned, prepared with equal volume water	244.0	1.0 cup	0.081
06043	Soup, cream of mushroom, canned, condensed	126.0	0.5 cup	0.024
06243	Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	0.136
06053	Soup, cream of potato, canned, condensed	124.0	0.5 cup	0.030
06253	Soup, cream of potato, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	0.131
06453	Soup, cream of potato, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.029
27000	Soup, egg drop, Chinese restaurant	241.0	1.0 cup	0.046
27001	Soup, hot and sour, Chinese restaurant	233.0	1.0 cup	0.091
06040	Soup, minestrone, canned, condensed	123.0	0.5 cup (4 fl oz)	0.044

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
06440	Soup, minestrone, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	0.043
06049	Soup, pea, green, canned, condensed	128.0	0.5 cup	0.101
06249	Soup, pea, green, canned, prepared with equal volume milk	254.0	1.0 cup (8 fl oz)	0.206
06050	Soup, pea, split with ham, canned, chunky, ready-to-serve	240.0	1.0 cup	0.149
06051	Soup, pea, split with ham, canned, condensed	135.0	0.5 cup (4 fl oz)	0.139
06451	Soup, pea, split with ham, canned, prepared with equal volume water	253.0	1.0 cup (8 fl oz)	0.139
06984	Soup, SWANSON Chicken Broth 99% Fat Free	227.0	1.0 serving 1 cup 8 oz	0.016
06061	Soup, tomato beef with noodle, canned, condensed	251.0	1.0 cup (8 fl oz)	0.166
06158	Soup, tomato bisque, canned, condensed	129.0	0.5 cup (4 fl oz)	0.030
06358	Soup, tomato bisque, canned, prepared with equal volume milk	251.0	1.0 cup (8 fl oz)	0.131
06558	Soup, tomato bisque, canned, prepared with equal volume water	247.0	1.0 cup (8 fl oz)	0.030
06359	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	0.136
06465	Soup, turkey noodle, canned, prepared with equal volume water	244.0	1.0 cup	0.073
06466	Soup, turkey vegetable, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	0.053
06064	Soup, turkey, chunky, canned, ready-to-serve	236.0	1.0 cup (8 fl oz)	0.215
06071	Soup, vegetable beef, canned, condensed	126.0	0.5 cup	0.094
06072	Soup, vegetable with beef broth, canned, condensed	123.0	0.5 cup	0.031
06068	Soup, vegetarian vegetable, canned, condensed	126.0	0.5 cup	0.025
27002	Soup, wonton, Chinese restaurant	223.0	1.0 cup	0.067
01074	Sour cream, imitation, cultured	28.35	1.0 oz	0.021
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12.0	1.0 tbsp	0.010
09315	Soursop, raw	225.0	1.0 cup, pulp	0.016
16117	Soy flour, defatted	105.0	1.0 cup	0.666
16115	Soy flour, full-fat, raw	84.0	1.0 cup, stirred	0.391
16116	Soy flour, full-fat, roasted	85.0	1.0 cup, stirred	0.399
16119	Soy meal, defatted, raw	122.0	1.0 cup	0.739
16420	Soy protein concentrate, produced by acid wash	28.35	1.0 oz	0.231
16121	Soy protein concentrate, produced by alcohol extraction	28.35	1.0 oz	0.231
16122	Soy protein isolate	28.35	1.0 oz	0.320
16422	Soy protein isolate, potassium type	28.35	1.0 oz	0.320
16124	Soy sauce made from soy (tamari)	18.0	1.0 tbsp	0.030
16123	Soy sauce made from soy and wheat (shoyu)	16.0	1.0 tbsp	0.016
16424	Soy sauce made from soy and wheat (shoyu), low sodium	14.2	1.0 tbsp	0.013
11853	Soybeans, green, cooked, boiled, drained, with salt	180.0	1.0 cup	0.270
11451	Soybeans, green, cooked, boiled, drained, without salt	180.0	1.0 cup	0.270
11450	Soybeans, green, raw	256.0	1.0 cup	0.402

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
16109	Soybeans, mature cooked, boiled, without salt	172.0	1.0 cup	0.385
16409	Soybeans, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	0.385
16111	Soybeans, mature seeds, dry roasted	93.0	1.0 cup	0.497
16108	Soybeans, mature seeds, raw	186.0	1.0 cup	1.017
16410	Soybeans, mature seeds, roasted, no salt added	172.0	1.0 cup	0.817
16110	Soybeans, mature seeds, roasted, salted	172.0	1.0 cup	0.817
11453	Soybeans, mature seeds, sprouted, cooked, steamed	94.0	1.0 cup	0.084
11923	Soybeans, mature seeds, sprouted, cooked, steamed, with salt	94.0	1.0 cup	0.084
11452	Soybeans, mature seeds, sprouted, raw	35.0	0.5 cup	0.048
16166	Soymilk, chocolate, unfortified	243.0	1.0 cup	0.066
16168	Soymilk, chocolate, with added calcium, vitamins A and D	243.0	1.0 cup	0.046
16120	Soymilk, original and vanilla, unfortified	243.0	1.0 cup	0.066
16139	Soymilk, original and vanilla, with added calcium, vitamins A and D	243.0	1.0 cup	0.039
22401	Spaghetti with meat sauce, frozen entree	283.0	1.0 serving	0.207
20523	Spaghetti, protein-fortified, cooked, enriched (n x 6.25)	140.0	1.0 cup	0.181
20622	Spaghetti, protein-fortified, dry, enriched (n x 6.25)	57.0	2.0 oz	0.181
20127	Spaghetti, spinach, cooked	140.0	1.0 cup	0.099
20126	Spaghetti, spinach, dry	57.0	2.0 oz	0.119
22912	Spaghetti, with meatballs in tomato sauce, canned	246.0	1.0 cup	0.160
02066	Spearmint, dried	0.5	1.0 tsp	0.001
02065	Spearmint, fresh	0.3	2.0 leaves	0.000
20140	Spelt, uncooked	174.0	1.0 cup	0.449
02003	Spices, basil, dried	0.7	1.0 tsp, leaves	0.002
02005	Spices, caraway seed	2.1	1.0 tsp	0.008
02009	Spices, chili powder	2.7	1.0 tsp	0.004
02010	Spices, cinnamon, ground	2.6	1.0 tsp	0.002
02011	Spices, cloves, ground	2.1	1.0 tsp	0.002
02015	Spices, curry powder	2.0	1.0 tsp	0.004
02016	Spices, dill seed	2.1	1.0 tsp	0.003
02018	Spices, fennel seed	2.0	1.0 tsp, whole	0.006
02019	Spices, fenugreek seed	3.7	1.0 tsp	0.013
02020	Spices, garlic powder	3.1	1.0 tsp	0.003
02021	Spices, ginger, ground	1.8	1.0 tsp	0.002
02024	Spices, mustard seed, ground	2.0	1.0 tsp	0.010
02026	Spices, onion powder	2.4	1.0 tsp	0.002
02027	Spices, oregano, dried	1.0	1.0 tsp, leaves	0.001

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
02028	Spices, paprika	2.3	1.0 tsp	0.005
02029	Spices, parsley, dried	0.5	1.0 tsp	0.003
02030	Spices, pepper, black	2.3	1.0 tsp, ground	0.002
02033	Spices, poppy seed	2.8	1.0 tsp	0.014
02043	Spices, turmeric, ground	3.0	1.0 tsp	0.004
11658	Spinach souffle	136.0	1.0 cup	0.282
11855	Spinach, canned, no salt added, solids and liquids	234.0	1.0 cup	0.091
11461	Spinach, canned, regular pack, drained solids	214.0	1.0 cup	0.111
11459	Spinach, canned, regular pack, solids and liquids	234.0	1.0 cup	0.091
11854	Spinach, cooked, boiled, drained, with salt	180.0	1.0 cup	0.099
11458	Spinach, cooked, boiled, drained, without salt	180.0	1.0 cup	0.099
11856	Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt	95.0	0.5 cup	0.050
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	95.0	0.5 cup	0.050
11463	Spinach, frozen, chopped or leaf, unprepared	156.0	1.0 cup	0.081
11457	Spinach, raw	30.0	1.0 cup	0.016
05162	Squab, (pigeon), light meat without skin, raw	101.0	1.0 breast, bone removed	0.696
05160	Squab, (pigeon), meat and skin, raw	85.0	3.0 oz	0.469
05161	Squab, (pigeon), meat only, raw	251.0	1.0 unit (yield from 1 lb ready-to-cook squab)	1.391
11857	Squash, summer, all varieties, cooked, boiled, drained, with salt	180.0	1.0 cup slices	0.023
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	0.023
11641	Squash, summer, all varieties, raw	113.0	1.0 cup, sliced	0.019
11471	Squash, summer, crookneck and straightneck, canned, drained, solid, without salt	210.0	1.0 cup, diced	0.019
11858	Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt	180.0	1.0 cup slices	0.023
11468	Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	0.023
11859	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, with salt	192.0	1.0 cup slices	0.035
11474	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	192.0	1.0 cup slices	0.035
11473	Squash, summer, crookneck and straightneck, frozen, unprepared	130.0	1.0 cup slices	0.016
11467	Squash, summer, crookneck and straightneck, raw	127.0	1.0 cup sliced	0.018
11860	Squash, summer, scallop, cooked, boiled, drained, with salt	90.0	0.5 cup slices	0.013
11476	Squash, summer, scallop, cooked, boiled, drained, without salt	240.0	1.0 cup, mashed	0.036
11475	Squash, summer, scallop, raw	130.0	1.0 cup slices	0.022
11861	Squash, summer, zucchini, includes skin, cooked, boiled, drained, with salt	90.0	0.5 cup slices	0.008
11478	Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	0.016
11862	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, with salt	223.0	1.0 cup	0.036
11480	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt	223.0	1.0 cup	0.036
11479	Squash, summer, zucchini, includes skin, frozen, unprepared	95.0	0.33 package (10 oz)	0.016

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
11477	Squash, summer, zucchini, includes skin, raw	124.0	1.0 cup, chopped	0.022
11481	Squash, summer, zucchini, italian style, canned	227.0	1.0 cup	0.034
11864	Squash, winter, acorn, cooked, baked, with salt	205.0	1.0 cup, cubes	0.029
11483	Squash, winter, acorn, cooked, baked, without salt	205.0	1.0 cup, cubes	0.029
11865	Squash, winter, acorn, cooked, boiled, mashed, with salt	245.0	1.0 cup, mashed	0.020
11484	Squash, winter, acorn, cooked, boiled, mashed, without salt	245.0	1.0 cup, mashed	0.020
11482	Squash, winter, acorn, raw	140.0	1.0 cup, cubes	0.014
11863	Squash, winter, all varieties, cooked, baked, with salt	205.0	1.0 cup, cubes	0.023
11644	Squash, winter, all varieties, cooked, baked, without salt	205.0	1.0 cup, cubes	0.023
11643	Squash, winter, all varieties, raw	116.0	1.0 cup, cubes	0.021
11866	Squash, winter, butternut, cooked, baked, with salt	205.0	1.0 cup, cubes	0.023
11486	Squash, winter, butternut, cooked, baked, without salt	205.0	1.0 cup, cubes	0.023
11867	Squash, winter, butternut, frozen, cooked, boiled, with salt	240.0	1.0 cup, mashed	0.036
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240.0	1.0 cup, mashed	0.036
11487	Squash, winter, butternut, frozen, unprepared	113.0	0.33 package (12 oz)	0.025
11485	Squash, winter, butternut, raw	140.0	1.0 cup, cubes	0.017
11868	Squash, winter, hubbard, baked, with salt	205.0	1.0 cup, cubes	0.037
11490	Squash, winter, hubbard, baked, without salt	205.0	1.0 cup, cubes	0.037
11869	Squash, winter, hubbard, cooked, boiled, mashed, with salt	236.0	1.0 cup, mashed	0.042
11491	Squash, winter, hubbard, cooked, boiled, mashed, without salt	236.0	1.0 cup, mashed	0.042
11489	Squash, winter, hubbard, raw	116.0	1.0 cup, cubes	0.029
11870	Squash, winter, spaghetti, cooked, boiled, drained, or baked, with salt	155.0	1.0 cup	0.011
11493	Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt	155.0	1.0 cup	0.011
11492	Squash, winter, spaghetti, raw	101.0	1.0 cup, cubes	0.007
11953	Squash, zucchini, baby, raw	16.0	1.0 large	0.006
35145	Stew, hominy with mutton (Navajo)	411.0	1.0 serving	0.645
35146	Stew, mutton, corn, squash (Navajo)	303.0	1.0 serving	0.639
09317	Strawberries, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup	0.003
09320	Strawberries, frozen, sweetened, sliced	255.0	1.0 cup, thawed	0.003
09319	Strawberries, frozen, sweetened, whole	255.0	1.0 cup, thawed	0.003
09318	Strawberries, frozen, unsweetened	221.0	1.0 cup, thawed	0.002
09316	Strawberries, raw	152.0	1.0 cup, halves	0.003
18354	Strudel, apple	28.35	1.0 oz	0.019
21213	SUBWAY, cold cut sub on white bread with lettuce and tomato	196.0	6.0 inch sub	0.412
21210	SUBWAY, roast beef sub on white bread with lettuce and tomato	190.0	6.0 inch sub	0.505
21214	SUBWAY, tuna sub on white bread with lettuce and tomato	237.0	6.0 inch sub	0.711

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
11497	Succotash, (corn and limas), canned, with cream style corn	266.0	1.0 cup	0.093
11499	Succotash, (corn and limas), canned, with whole kernel corn, solids and liquids	255.0	1.0 cup	0.089
11871	Succotash, (corn and limas), cooked, boiled, drained, with salt	192.0	1.0 cup	0.131
11496	Succotash, (corn and limas), cooked, boiled, drained, without salt	192.0	1.0 cup	0.131
11872	Succotash, (corn and limas), frozen, cooked, boiled, drained, with salt	170.0	1.0 cup	0.099
11502	Succotash, (corn and limas), frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	0.099
11501	Succotash, (corn and limas), frozen, unprepared	156.0	1.0 cup	0.090
09321	Sugar-apples, (sweetsop), raw	250.0	1.0 cup, pulp	0.018
11504	Swamp cabbage (skunk cabbage), cooked, boiled, drained, without salt	98.0	1.0 cup, chopped	0.034
11873	Swamp cabbage (skunk cabbage), cooked, boiled, drained, with salt	98.0	1.0 cup, chopped	0.034
11503	Swamp cabbage, (skunk cabbage), raw	56.0	1.0 cup, chopped	0.025
11874	Sweet potato leaves, cooked, steamed, with salt	64.0	1.0 cup	0.032
11506	Sweet potato leaves, cooked, steamed, without salt	64.0	1.0 cup	0.032
11505	Sweet potato leaves, raw	35.0	1.0 cup, chopped	0.030
11514	Sweet potato, canned, mashed	255.0	1.0 cup	0.125
11647	Sweet potato, canned, syrup pack, drained solids	196.0	1.0 cup	0.063
11645	Sweet potato, canned, syrup pack, solids and liquids	228.0	1.0 cup	0.041
11512	Sweet potato, canned, vacuum pack	255.0	1.0 cup, mashed	0.076
11875	Sweet potato, cooked, baked in skin, flesh, with salt	114.0	1.0 medium (2" dia, 5" long, raw)	0.042
11508	Sweet potato, cooked, baked in skin, flesh, without salt	200.0	1.0 cup	0.074
11510	Sweet potato, cooked, boiled, without skin	328.0	1.0 cup, mashed	0.082
11876	Sweet potato, cooked, boiled, without skin, with salt	328.0	1.0 cup, mashed	0.134
11659	Sweet potato, cooked, candied, home-prepared	105.0	1.0 piece (2-1/2" x 2" dia)	0.017
11877	Sweet potato, frozen, cooked, baked, with salt	176.0	1.0 cup, cubes	0.074
11517	Sweet potato, frozen, cooked, baked, without salt	176.0	1.0 cup, cubes	0.074
11516	Sweet potato, frozen, unprepared	176.0	1.0 cup, cubes	0.074
11507	Sweet potato, raw, unprepared	133.0	1.0 cup, cubes	0.039
18355	Sweet rolls, cheese	28.35	1.0 oz	0.040
18356	Sweet rolls, cinnamon, commercially prepared with raisins	28.35	1.0 oz	0.033
18357	Sweet rolls, cinnamon, refrigerated dough with frosting	28.35	1.0 oz	0.025
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	28.35	1.0 oz	0.027
19337	Sweeteners, tabletop, aspartame, EQUAL, packets	3.5	1.0 tsp	0.000
07920	Swisswurst, pork and beef, with swiss cheese, smoked	77.0	1.0 serving 2.7 oz	0.277
19924	Syrup, NESTLE, chocolate	20.0	1.0 tablespoon	0.003
19916	Syrups, chocolate, HERSHEY'S Sugar free, Genuine Chocolate Flavored, Lite Syrup	35.0	2.0 tbsp	0.010
19352	Syrups, malt	332.0	1.0 cup	0.365

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
36020	T.G.I. FRIDAY'S, chicken fingers	225.0	1.0 serving	1.055
36010	T.G.I. FRIDAY'S, chicken fingers, from kids' menu	41.0	1.0 piece	0.182
36011	T.G.I. FRIDAY'S, classic sirloin steak (10 oz)	176.0	1.0 serving	1.457
36006	T.G.I. FRIDAY'S, FRIDAY'S Shrimp, breaded	175.0	1.0 serving	0.556
36008	T.G.I. FRIDAY'S, fried mozzarella	35.0	1.0 piece	0.146
36009	T.G.I. FRIDAY'S, macaroni & cheese, from kid's menu	144.0	1.0 cup	0.147
21264	TACO BELL, Bean Burrito	185.0	1.0 each burrito	0.213
21265	TACO BELL, BURRITO SUPREME with beef	241.0	1.0 burrito	0.258
21266	TACO BELL, BURRITO SUPREME with chicken	248.0	1.0 item	0.441
21267	TACO BELL, BURRITO SUPREME with steak	248.0	1.0 item	0.409
21268	TACO BELL, Nachos	80.0	1.0 serving	0.075
21269	TACO BELL, Nachos Supreme	222.0	1.0 serving	0.262
21261	TACO BELL, Soft Taco with beef, cheese and lettuce	102.0	1.0 each taco	0.199
21262	TACO BELL, Soft Taco with chicken, cheese and lettuce	98.0	1.0 each taco	0.309
21263	TACO BELL, Soft Taco with steak	127.0	1.0 item	0.320
21270	TACO BELL, Taco Salad	533.0	1.0 item	0.640
18360	Taco shells, baked	12.9	1.0 shell	0.023
18448	Taco shells, baked, without added salt	28.35	1.0 oz	0.043
35147	Tamales (Navajo)	186.0	1.0 piece	0.279
09322	Tamarinds, raw	120.0	1.0 cup, pulp	0.017
09223	Tangerine juice, canned, sweetened	249.0	1.0 cup	0.005
09221	Tangerine juice, raw	247.0	1.0 cup	0.005
09219	Tangerines, (mandarin oranges), canned, juice pack	249.0	1.0 cup	0.032
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252.0	1.0 cup	0.025
09218	Tangerines, (mandarin oranges), raw	195.0	1.0 cup, sections	0.004
20068	Tapioca, pearl, dry	152.0	1.0 cup	0.003
32007	Taquitos, frozen, beef and cheese, oven-heated	42.0	1.0 piece	0.071
32006	Taquitos, frozen, chicken and cheese, oven-heated	42.0	1.0 piece	0.079
11521	Taro leaves, cooked, steamed, without salt	145.0	1.0 cup	0.062
11520	Taro leaves, raw	28.0	1.0 cup	0.022
11878	Taro, cooked, with salt	132.0	1.0 cup slices	0.009
11519	Taro, cooked, without salt	132.0	1.0 cup, sliced	0.009
11879	Taro, leaves, cooked, steamed, with salt	145.0	1.0 cup	0.062
11518	Taro, raw	104.0	1.0 cup, sliced	0.021
20143	Teff, cooked	252.0	1.0 cup	0.315
20142	Teff, uncooked	193.0	1.0 cup	0.826

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
16114	Tempeh	166.0	1.0 cup	0.290
18938	Toaster Pastries, fruit, frosted (include apples, blueberry, cherry, strawberry)	53.0	1.0 piece	0.038
16128	Tofu, dried-frozen (koyadofu)	17.0	1.0 piece	0.104
16428	Tofu, dried-frozen (koyadofu), prepared with calcium sulfate	17.0	1.0 piece	0.104
16159	Tofu, extra firm, prepared with nigari	91.0	0.2 block	0.111
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	126.0	0.5 cup	0.139
16129	Tofu, fried	28.35	1.0 oz	0.062
16429	Tofu, fried, prepared with calcium sulfate	13.0	1.0 piece	0.030
16160	Tofu, hard, prepared with nigari	122.0	0.25 block	0.206
16426	Tofu, raw, firm, prepared with calcium sulfate	126.0	0.5 cup	0.266
16427	Tofu, raw, regular, prepared with calcium sulfate	124.0	0.5 cup	0.134
16132	Tofu, salted and fermented (fuyu)	11.0	1.0 block	0.011
16432	Tofu, salted and fermented (fuyu), prepared with calcium sulfate	11.0	1.0 block	0.012
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120.0	1.0 piece (2-1/2" x 2-3/4" x 1")	0.101
11886	Tomato juice, canned, without salt added	243.0	1.0 cup	0.012
11546	Tomato products, canned, paste, without salt added	66.0	0.25 cup	0.018
11888	Tomato products, canned, puree, with salt added	250.0	1.0 cup	0.022
11547	Tomato products, canned, puree, without salt added	250.0	1.0 cup	0.022
11549	Tomato products, canned, sauce	245.0	1.0 cup	0.020
11649	Tomato products, canned, sauce, spanish style	244.0	1.0 cup	0.017
11555	Tomato products, canned, sauce, with herbs and cheese	122.0	0.5 cup	0.034
11551	Tomato products, canned, sauce, with mushrooms	245.0	1.0 cup	0.034
11553	Tomato products, canned, sauce, with onions	245.0	1.0 cup	0.024
11557	Tomato products, canned, sauce, with onions, green peppers, and celery	250.0	1.0 cup	0.012
11559	Tomato products, canned, sauce, with tomato tidbits	244.0	1.0 cup	0.017
43217	Tomato sauce, canned, no salt added	245.0	1.0 cup	0.020
11693	Tomatoes, crushed, canned	121.0	0.5 cup	0.016
11527	Tomatoes, green, raw	180.0	1.0 cup	0.018
11695	Tomatoes, orange, raw	158.0	1.0 cup, chopped	0.016
11531	Tomatoes, red, ripe, canned, packed in tomato juice	240.0	1.0 cup	0.019
11885	Tomatoes, red, ripe, canned, packed in tomato juice, no salt added	240.0	1.0 cup	0.019
11533	Tomatoes, red, ripe, canned, stewed	255.0	1.0 cup	0.020
11530	Tomatoes, red, ripe, cooked	240.0	1.0 cup	0.022
11660	Tomatoes, red, ripe, cooked, stewed	101.0	1.0 cup	0.024
11884	Tomatoes, red, ripe, cooked, with salt	240.0	1.0 cup	0.022
11529	Tomatoes, red, ripe, raw, year round average	149.0	1.0 cup cherry tomatoes	0.009

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
11955	Tomatoes, sun-dried	54.0	1.0 cup	0.066
11956	Tomatoes, sun-dried, packed in oil, drained	110.0	1.0 cup	0.048
11696	Tomatoes, yellow, raw	139.0	1.0 cup, chopped	0.011
19364	Toppings, butterscotch or caramel	41.0	2.0 tbsp	0.015
19367	Toppings, nuts in syrup	328.0	1.0 cup	0.285
35143	Tortilla, includes plain and from mutton sandwich (Navajo)	197.0	1.0 serving	0.240
18363	Tortillas, ready-to-bake or -fry, corn	28.35	1.0 oz	0.034
18449	Tortillas, ready-to-bake or -fry, corn, without added salt	28.35	1.0 oz	0.034
18364	Tortillas, ready-to-bake or -fry, flour, refrigerated	48.0	1.0 tortilla	0.045
18970	Tortillas, ready-to-bake or -fry, flour, shelf stable	49.0	1.0 tortilla	0.058
18450	Tortillas, ready-to-bake or -fry, flour, without added calcium	28.35	1.0 oz	0.044
28295	Tortillas, ready-to-bake or -fry, whole wheat	41.0	1.0 tortilla 1 serving	0.067
20069	Triticale	192.0	1.0 cup	0.392
20070	Triticale flour, whole-grain	130.0	1.0 cup	0.268
05286	Turkey and gravy, frozen	85.0	3.0 oz	0.145
07046	Turkey breast, low salt, prepackaged or deli, luncheon meat	28.0	1.0 slice	0.139
05293	Turkey breast, pre-basted, meat and skin, cooked, roasted	85.0	3.0 oz	0.530
05187	Turkey from whole, dark meat, meat only, raw	85.0	1.0 serving	0.473
05182	Turkey from whole, light meat, meat and skin, cooked, roasted	85.0	1.0 serving	0.638
05181	Turkey from whole, light meat, meat and skin, raw	85.0	3.0 oz	0.472
05703	Turkey from whole, light meat, meat and skin, with added solution, cooked, roasted	85.0	3.0 oz	0.573
05702	Turkey from whole, light meat, meat and skin, with added solution, raw	114.0	4.0 oz	0.576
05697	Turkey from whole, light meat, meat only, with added solution, cooked, roasted	85.0	3.0 oz	0.599
05696	Turkey from whole, light meat, meat only, with added solution, raw	114.0	4.0 oz	0.642
05185	Turkey from whole, light meat, raw	85.0	1.0 serving	0.526
05180	Turkey from whole, neck, meat only, cooked, simmered	85.0	1.0 serving	0.500
05179	Turkey from whole, neck, meat only, raw	28.35	1.0 oz	0.122
05295	Turkey roast, boneless, frozen, seasoned, light and dark meat, raw	85.0	3.0 oz	0.433
07958	Turkey sausage, fresh, cooked	57.0	1.0 serving	0.304
07955	Turkey sausage, fresh, raw	57.0	1.0 serving	0.237
07066	Turkey sausage, reduced fat, brown and serve, cooked (include BUTTERBALL breakfast links turkey sausage)	128.0	1.0 cup	0.547
05300	Turkey sticks, breaded, battered, fried	64.0	1.0 stick (2.25 oz)	0.248
05294	Turkey thigh, pre-basted, meat and skin, cooked, roasted	85.0	3.0 oz	0.452
05190	Turkey, all classes, back, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	1.023
05192	Turkey, all classes, breast, meat and skin, cooked, roasted	112.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.908

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
05191	Turkey, all classes, breast, meat and skin, raw	146.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.899
05194	Turkey, all classes, leg, meat and skin, cooked, roasted	71.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.563
05193	Turkey, all classes, leg, meat and skin, raw	105.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.585
05186	Turkey, all classes, light meat, cooked, roasted	85.0	1.0 serving	0.670
05196	Turkey, all classes, wing, meat and skin, cooked, roasted	24.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.180
05195	Turkey, all classes, wing, meat and skin, raw	33.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.182
05215	Turkey, back from whole bird, meat only, raw	114.0	4.0 oz	0.634
05744	Turkey, back, from whole bird, meat and skin, with added solution, raw	114.0	4.0 oz	0.457
05745	Turkey, back, from whole bird, meat and skin, with added solution, roasted	85.0	3.0 oz	0.401
05216	Turkey, back, from whole bird, meat only, roasted	85.0	3.0 oz	0.616
05719	Turkey, back, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	0.575
05720	Turkey, back, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.428
05219	Turkey, breast, from whole bird, meat only, raw	114.0	4.0 oz	0.706
05220	Turkey, breast, from whole bird, meat only, roasted	85.0	3.0 oz	0.599
05721	Turkey, breast, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	0.642
05718	Turkey, breast, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.479
05284	Turkey, canned, meat only, with broth	135.0	1.0 cup, drained	0.892
05184	Turkey, dark meat from whole, meat and skin, cooked, roasted	85.0	1.0 serving	0.583
05701	Turkey, dark meat from whole, meat and skin, with added solution, cooked, roasted	85.0	3.0 oz	0.543
05700	Turkey, dark meat from whole, meat and skin, with added solution, raw	114.0	4.0 oz	0.505
05694	Turkey, dark meat from whole, meat only, with added solution, raw	114.0	4.0 oz	0.575
05183	Turkey, dark meat, meat and skin, raw	28.35	1.0 oz	0.141
05695	Turkey, dark meat, meat only, with added solution, cooked, roasted	85.0	3.0 oz	0.580
05285	Turkey, diced, light and dark meat, seasoned	28.35	1.0 oz	0.148
05738	Turkey, drumstick, from whole bird, meat only, raw	85.0	3.0 oz	0.526
05739	Turkey, drumstick, from whole bird, meat only, roasted	85.0	3.0 oz	0.670
05724	Turkey, drumstick, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	0.575
05725	Turkey, drumstick, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.580
05188	Turkey, from whole, dark meat, cooked, roasted	85.0	1.0 serving	0.616
05200	Turkey, fryer-roasters, meat and skin, cooked, roasted	85.0	3.0 oz	0.672
05174	Turkey, gizzard, all classes, cooked, simmered	45.0	1.0 gizzard cooked	0.247
05173	Turkey, gizzard, all classes, raw	63.0	1.0 raw gizzard	0.304
05176	Turkey, heart, all classes, cooked, simmered	20.0	1.0 heart	0.126
05175	Turkey, heart, all classes, raw	24.0	1.0 piece	0.101
05178	Turkey, liver, all classes, cooked, simmered	53.0	1.0 liver cooked	0.361
05177	Turkey, liver, all classes, raw	78.0	1.0 raw liver	0.360

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
05304	Turkey, mechanically deboned, from turkey frames, raw	227.0	0.5 lb	0.849
05733	Turkey, retail parts, breast, meat and skin, cooked, roasted	85.0	3.0 oz	0.667
05732	Turkey, retail parts, breast, meat and skin, raw	85.0	3.0 oz	0.502
05727	Turkey, retail parts, breast, meat and skin, with added solution, raw	85.0	3.0 oz	0.481
05711	Turkey, retail parts, breast, meat only, cooked, roasted	863.0	1.0 breast	7.102
05710	Turkey, retail parts, breast, meat only, raw	85.0	3.0 oz	0.553
05709	Turkey, retail parts, breast, meat only, with added solution, cooked, roasted	85.0	3.0 oz	0.666
05708	Turkey, retail parts, breast, meat only, with added solution, raw	1171.0	1.0 breast	7.225
05737	Turkey, retail parts, drumstick, meat and skin, cooked, roasted	85.0	3.0 oz	0.639
05736	Turkey, retail parts, drumstick, meat and skin, raw	85.0	3.0 oz	0.430
05723	Turkey, retail parts, drumstick, meat only, cooked, roasted	28.0	3.0 oz	0.223
05716	Turkey, retail parts, drumstick, meat only, raw	85.0	3.0 oz	0.456
05743	Turkey, retail parts, thigh, meat and skin, cooked, roasted	85.0	3.0 oz	0.549
05742	Turkey, retail parts, thigh, meat and skin, raw	85.0	3.0 oz	0.434
05722	Turkey, retail parts, thigh, meat only, cooked, roasted	85.0	3.0 oz	0.596
05717	Turkey, retail parts, thigh, meat only, raw	85.0	3.0 oz	0.489
05735	Turkey, retail parts, wing, meat and skin, cooked, roasted	85.0	3.0 oz	0.629
05734	Turkey, retail parts, wing, meat and skin, raw	85.0	3.0 oz	0.425
05713	Turkey, retail parts, wing, meat only, cooked, roasted	85.0	3.0 oz	0.716
05712	Turkey, retail parts, wing, meat only, raw	28.0	3.0 oz	0.176
05170	Turkey, skin from whole (light and dark), roasted	85.0	1.0 serving	0.341
05698	Turkey, skin from whole (light and dark), with added solution, raw	28.35	1.0 oz	0.058
05169	Turkey, skin from whole, (light and dark), raw	28.35	1.0 oz	0.062
05699	Turkey, skin from whole, (light and dark), with added solution, roasted	28.35	1.0 oz	0.105
05715	Turkey, skin, from retail parts, from dark meat, cooked, roasted	28.35	1.0 oz	0.094
05714	Turkey, skin, from retail parts, from dark meat, raw	28.35	1.0 oz	0.055
22957	Turkey, stuffing, mashed potatoes w/gravy, assorted vegetables, frozen, microwaved	385.0	1.0 serving	0.601
05740	Turkey, thigh, from whole bird, meat only, raw	85.0	3.0 oz	0.473
05741	Turkey, thigh, from whole bird, meat only, roasted	85.0	3.0 oz	0.616
05726	Turkey, thigh, from whole bird, meat only, with added solution, raw	85.0	3.0 oz	0.428
05728	Turkey, thigh, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.580
07944	Turkey, white, rotisserie, deli cut	48.0	1.69 oz (1 serving)	0.188
05172	Turkey, whole, giblets, cooked, simmered	95.0	1.0 giblets	0.587
05171	Turkey, whole, giblets, raw	85.0	3.0 oz	0.393
05166	Turkey, whole, meat and skin, cooked, roasted	85.0	3.0 oz	0.615
05165	Turkey, whole, meat and skin, raw	85.0	3.0 oz	0.471

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
05706	Turkey, whole, meat and skin, with added solution, raw	85.0	3.0 oz	0.405
05707	Turkey, whole, meat and skin, with added solution, roasted	85.0	3.0 oz	0.558
05168	Turkey, whole, meat only, cooked, roasted	85.0	3.0 oz	0.646
05167	Turkey, whole, meat only, raw	85.0	3.0 oz	0.503
05704	Turkey, whole, meat only, with added solution, raw	85.0	3.0 oz	0.464
05705	Turkey, whole, meat only, with added solution, roasted	28.0	3.0 oz	0.195
05227	Turkey, wing, from whole bird, meat only, raw	85.0	3.0 oz	0.526
05228	Turkey, wing, from whole bird, meat only, roasted	85.0	3.0 oz	0.670
05729	Turkey, wing, from whole bird, meat only, with added solution, raw	85.0	3.0 oz	0.479
05730	Turkey, wing, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.599
05236	Turkey, young hen, skin only, cooked, roasted	31.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.118
11893	Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	163.0	1.0 cup	0.106
11577	Turnip greens and turnips, frozen, cooked, boiled, drained, without salt	163.0	1.0 cup	0.106
11576	Turnip greens and turnips, frozen, unprepared	95.0	0.33 package (10 oz)	0.046
11570	Turnip greens, canned, solids and liquids	117.0	0.5 cup	0.036
11891	Turnip greens, cooked, boiled, drained, with salt	144.0	1.0 cup, chopped	0.037
11569	Turnip greens, cooked, boiled, drained, without salt	144.0	1.0 cup, chopped	0.037
11892	Turnip greens, frozen, cooked, boiled, drained, with salt	82.0	0.5 cup	0.062
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164.0	1.0 cup	0.125
11574	Turnip greens, frozen, unprepared	82.0	0.5 cup, chopped or diced	0.046
11568	Turnip greens, raw	55.0	1.0 cup, chopped	0.019
11889	Turnips, cooked, boiled, drained, with salt	156.0	1.0 cup, cubes	0.014
11565	Turnips, cooked, boiled, drained, without salt	156.0	1.0 cup, cubes	0.014
11890	Turnips, frozen, cooked, boiled, drained, with salt	156.0	1.0 cup	0.030
11567	Turnips, frozen, cooked, boiled, drained, without salt	156.0	1.0 cup	0.030
11566	Turnips, frozen, unprepared	94.0	0.333 package, mashed (10 oz)	0.012
11564	Turnips, raw	130.0	1.0 cup, cubes	0.014
32026	Turnover, chicken- or turkey-, and vegetable-filled, reduced fat, frozen	127.0	1.0 piece turnover 1 serving	0.291
28371	UDI'S, Gluten Free, Soft & Delicious White Sandwich Bread	28.0	1.0 slice	0.053
05336	USDA Commodity Chicken, canned, meat only, drained	135.0	1.0 cup drained	1.029
04670	USDA Commodity Food, oil, vegetable, low saturated fat	13.6	1.0 tbsp	0.000
04669	USDA Commodity Food, oil, vegetable, soybean, refined	13.6	1.0 tablespoon	0.000
13166	USDA Commodity, beef, canned	45.0	1.0 serving	0.223
05353	USDA Commodity, chicken fajita strips, frozen	9.4	1.0 strip	0.052
05338	USDA Commodity, Chicken, canned, meat only, with broth	135.0	1.0 cup drained	0.823
05337	USDA Commodity, Chicken, canned, meat only, with water	135.0	1.0 cup drained	0.823

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
16167	USDA Commodity, Peanut Butter, smooth	32.0	2.0 tbsp	0.084
17155	Veal, Australian, rib, rib roast, separable lean and fat, raw	85.0	3.0 oz	0.354
17000	Veal, Australian, rib, rib roast, separable lean only, raw	85.0	3.0 oz	0.431
17350	Veal, Australian, shank, fore, bone-in, separable lean and fat, raw	85.0	3.0 oz	0.377
17349	Veal, Australian, shank, fore, bone-in, separable lean only, raw	85.0	3.0 oz	0.400
17352	Veal, Australian, shank, hind, bone-in, separable lean and fat	85.0	3.0 oz	0.381
17351	Veal, Australian, shank, hind, bone-in, separable lean only, raw	85.0	3.0 oz	0.405
17273	Veal, breast, plate half, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.515
17274	Veal, breast, point half, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.560
17270	Veal, breast, separable fat, cooked	28.35	1.0 oz	0.062
17272	Veal, breast, whole, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.536
17271	Veal, breast, whole, boneless, separable lean and fat, raw	28.35	1.0 oz	0.116
17275	Veal, breast, whole, boneless, separable lean only, cooked, braised	85.0	3.0 oz	0.602
17093	Veal, composite of trimmed retail cuts, separable fat, cooked	85.0	3.0 oz	0.187
17092	Veal, composite of trimmed retail cuts, separable fat, raw	28.35	1.0 oz	0.040
17089	Veal, composite of trimmed retail cuts, separable lean and fat, cooked	85.0	3.0 oz	0.597
17088	Veal, composite of trimmed retail cuts, separable lean and fat, raw	28.35	1.0 oz	0.128
17091	Veal, composite of trimmed retail cuts, separable lean only, cooked	85.0	3.0 oz	0.632
17090	Veal, composite of trimmed retail cuts, separable lean only, raw	28.35	1.0 oz	0.134
17141	Veal, cubed for stew (leg and shoulder), separable lean only, cooked, braised	85.0	3.0 oz	0.693
17140	Veal, cubed for stew (leg and shoulder), separable lean only, raw	28.35	1.0 oz	0.134
17436	Veal, foreshank, osso buco, separable lean and fat, cooked, braised	85.0	3.0 oz	0.554
17429	Veal, foreshank, osso buco, separable lean only, cooked, braised	85.0	3.0 oz	0.578
17143	Veal, ground, cooked, broiled	85.0	3.0 oz	0.484
17424	Veal, ground, cooked, pan-fried	85.0	3.0 oz	0.513
17142	Veal, ground, raw	85.0	3.0 oz	0.369
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85.0	3.0 oz	0.717
17096	Veal, leg (top round), separable lean and fat, cooked, pan-fried, breaded	85.0	3.0 oz	0.536
17097	Veal, leg (top round), separable lean and fat, cooked, pan-fried, not breaded	85.0	3.0 oz	0.630
17098	Veal, leg (top round), separable lean and fat, cooked, roasted	85.0	3.0 oz	0.549
17094	Veal, leg (top round), separable lean and fat, raw	28.35	1.0 oz	0.139
17100	Veal, leg (top round), separable lean only, cooked, braised	85.0	3.0 oz	0.728
17101	Veal, leg (top round), separable lean only, cooked, pan-fried, breaded	85.0	3.0 oz	0.558
17102	Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded	85.0	3.0 oz	0.658
17103	Veal, leg (top round), separable lean only, cooked, roasted	85.0	3.0 oz	0.557
17099	Veal, leg (top round), separable lean only, raw	28.35	1.0 oz	0.141

NDB_No	Description	Weight(g)	Measure	Methionine(g) Per Measure
17425	Veal, leg, top round, cap off, cutlet, boneless, cooked, grilled	85.0	3.0 oz	0.632
17426	Veal, leg, top round, cap off, cutlet, boneless, raw	85.0	3.0 oz	0.438
17437	Veal, loin, chop, separable lean and fat, cooked, grilled	85.0	3.0 oz	0.556
17427	Veal, loin, chop, separable lean only, cooked, grilled	85.0	3.0 oz	0.590
17105	Veal, loin, separable lean and fat, cooked, braised	85.0	3.0 oz	0.598
17106	Veal, loin, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.492
17104	Veal, loin, separable lean and fat, raw	85.0	3.0 oz	0.398
17108	Veal, loin, separable lean only, cooked, braised	85.0	3.0 oz	0.666
17109	Veal, loin, separable lean only, cooked, roasted	85.0	3.0 oz	0.522
17107	Veal, loin, separable lean only, raw	85.0	3.0 oz	0.434
17111	Veal, rib, separable lean and fat, cooked, braised	85.0	3.0 oz	0.643
17112	Veal, rib, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.475
17110	Veal, rib, separable lean and fat, raw	28.35	1.0 oz	0.125
17114	Veal, rib, separable lean only, cooked, braised	85.0	3.0 oz	0.683
17115	Veal, rib, separable lean only, cooked, roasted	85.0	3.0 oz	0.511
17113	Veal, rib, separable lean only, raw	28.35	1.0 oz	0.132
17277	Veal, shank (fore and hind), separable lean and fat, cooked, braised	85.0	3.0 oz	0.626
17276	Veal, shank (fore and hind), separable lean and fat, raw	28.35	1.0 oz	0.127
17279	Veal, shank (fore and hind), separable lean only, cooked, braised	85.0	3.0 oz	0.640
17278	Veal, shank (fore and hind), separable lean only, raw	28.35	1.0 oz	0.128
17435	Veal, shank, separable lean and fat, raw	85.0	3.0 oz	0.382
17428	Veal, shank, separable lean only, raw	85.0	3.0 oz	0.392
17123	Veal, shoulder, arm, separable lean and fat, cooked, braised	85.0	3.0 oz	0.667
17124	Veal, shoulder, arm, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.505
17122	Veal, shoulder, arm, separable lean and fat, raw	28.35	1.0 oz	0.128
17126	Veal, shoulder, arm, separable lean only, cooked, braised	85.0	3.0 oz	0.709
17127	Veal, shoulder, arm, separable lean only, cooked, roasted	85.0	3.0 oz	0.518
17125	Veal, shoulder, arm, separable lean only, raw	28.35	1.0 oz	0.133
17438	Veal, shoulder, blade chop, separable lean and fat, cooked, grilled	85.0	3.0 oz	0.510
17128	Veal, shoulder, blade chop, separable lean and fat, raw	85.0	3.0 oz	0.371
17430	Veal, shoulder, blade chop, separable lean only, cooked, grilled	85.0	3.0 oz	0.542
17131	Veal, shoulder, blade chop, separable lean only, raw	85.0	3.0 oz	0.389
17129	Veal, shoulder, blade, separable lean and fat, cooked, braised	85.0	3.0 oz	0.620
17130	Veal, shoulder, blade, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.499